

# RESTORATIVE FLOW

December 10  
4:00 – 5:15 PM



Join Randi Weiss, E-RYT 500, as we utilize a peaceful and grounding practice to support the seasonal changes. Each session will include a guided meditation, a gentle sequence of postures with an emphasis on breath awareness and grounding, as well as restorative poses with props for long blissful holds.

Candlelight Meditation • Slow Flow • Restorative Poses

\$17 or may use a class from a package



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