

***NEW* Offering**
REST & RESTORE

Yoga Mondays with Lauren
Yoga Flow Studio 1009 Glen Cove Avenue, Glen Head, NY

4 Mondays in March
3/5, 3/12, 3/19, 3/26
4:00PM-5:00PM

Drop-In's \$20

Warm up this Winter by
Taking time for yourself to
Feed your spirit
Nourish and replenish your body
Connect with yourself and your breath
Learn how to handle stressors in your life
Increase your energy and
Awaken to what is possible

Classes include the fundamentals of yogic breathing, meditation
and a progression of poses from the ground up to standing
De-stress while gaining strength and flexibility
Learn to create relaxation and balance in your
Body, Mind and Spirit

No prior experience necessary!

Contact Lauren to register by phone 917-209-6097 or
email laurensilverstein@me.com

