



The Art of Flowing

LED BY MISTY CALHOUN

This is a two-day workshop:

Day 1 - Saturday July 15th 2-4pm

Day 2 - Sunday July 16th 8:30am - 10:30am

Cost: \$50 members | \$60 non-members

This class is designed to help assist you in synchronizing your breath with your movements, connecting the proper poses to move in and out properly. On the second day you will use the tools that we cover on day one to help your body flow with ease.