

Join us for an all level Slow Flow class designed to invigorate and relax, accompanied with live music—chosen and composed for the Flow—followed by a guided meditation into a relaxing Savasana. Allow the music to gently reverberate through your body and soothe your mind! Enjoy the after glow with wine, cheese & chocolate.
Experience our yoga community.

yoga live music refreshments



April 10
7:30 - 9pm

\$25 in advance
\$30 at the door

RED LOTUS YOGA

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with Pavel Bednarski, RTY