

Join the Big Flats Community Center *Yoga...*



Each class is designed for every BODY.

- boost your vitality and stamina
- strengthen your immune system
- increase flexibility and focus
- strengthen deep core muscles

Every Tuesday, Thursday and Friday 8:30am-9:30am

\$100/10 Classes; or \$12 Drop In

Tuesdays

Energy Medicine Yoga Element focus practice

Thursdays

Different focus every week.

Fridays

Essential Energy Medicine Yoga Practice with the MELT Method. (Get out of pain and stay out of pain!)

- the wake up
- sun and 5 element salutations
- triple warmer/spleen partnership
- electric warrior series

Classes instructed by: Michelle Kudva

Kriaplu Certified 200hr yoga instructor

MELT Method Hand/Foot Instructor and Level 1 Instructor

EMYoga Level 1 Instructor

Leslie Kaminoff and Amy Matthews Yoga Anatomy

