

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

Tuesday ~ Thursday ~ Friday

8:15am-9:45am

\$150/10 Classes; or \$18 Drop In

Energy Medicine Yoga Element focus practice

Different focus every week.

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

