



Simply Stretch & Yoga Flow

Monday & Wednesday
11:30-11:55am

[CLICK TO ADD TO CALENDAR](#)

Awaken flexibility while grounding your mind & body with simply stretch & yoga flow. With a focus on basic poses, this class is designed to gently stretch the body while increasing energy for a seamless transition back to work. Comfortable attire and mat recommended. Playlist to be played on a secondary device. All levels welcome!



Instructor: Ashlee