April 2 - May 28, 2020

# Yoga Flow with Sarah Wolfy

Company: The Muse Brooklyn
Venue: The Muse Brooklyn
Location: Brooklyn, NY

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Yoga Flow is a class for the yoga practitioner that has the basics down and wants to flow or move through the poses with breath. The benefits of this class will have a little more cardio than a basics class while maintaining a healthy time period in certain poses to help build focus, strength, and flexibility. We may try some advanced yoga poses in this class.

Join here on Thursdays: https://zoom.us/j/817405372
Join here on Mondays: https://zoom.us/j/130100805

Donations welcome via MindBody registration, Paypal (themusebrooklyn@gmail.com - please send "to a friend") and Venmo (@TheMuseBrooklyn), just please don't forget to mention the name of the class and day!

The Muse Brooklyn
https://zoom.us/j/817405372 https://zoom.us/j/130100805
Brooklyn, NY, 11237

Schedule
April 2, 2020: 2:00pm
April 6, 2020: 10:00am
April 9, 2020: 2:00pm
April 13, 2020: 10:00am
April 16, 2020: 2:00pm
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