

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 with Sarah Wolfy



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](mailto: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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