

APRIL YOGA AND MEDITATION

TUESDAY

8am	Flow 45 min	Kelley Curran
10am	Yoga for Arthritis 60 min	Kelley Curran
7pm	Meditation 75 min	Jennifer Sokolov

THURSDAY

8am	Flow 45 min	Kelley Curran
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SPECIAL EVENT: APRIL 11

7pm	Flow & Restore 65 min	Kelley Curran
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Advance Sign up is Appreciated
@tenthhousehealth bio