

Rock Solid Wellness Studio to Host Two Lucas Hale Classes!

each session only \$10 per person

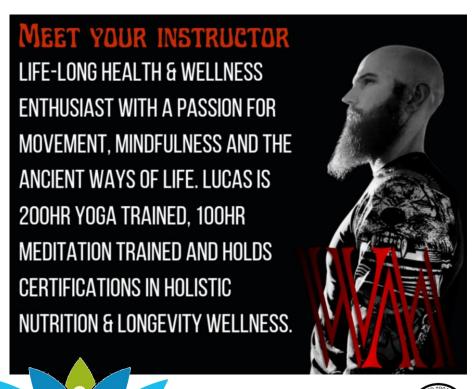
Tuesdays 6 pm <u>Starting Sept 12th</u> Breathe & Flow Yoga

A 60 minutes class that blends strength, stamina, flexibility and balance with a focus on rhythmic movement of body and breath.

Saturdays 9:30 am Starting Sept 16th Awaken Yoga Flow

A 60 minutes class designed to energize the body and mind to help clear the mind for a more positive day. A focus is given on exhilarating breath work and poses to open the hips, back and heart.

Beginners Welcomed. Please bring your blocks, bolsters and mat if you have them.



Lucas Hale









Alternative

Balance.



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