



# Rock Solid Wellness Studio to Host Two Lucas Hale Classes!

each session only \$10 per person

**Tuesdays 6 pm Starting Sept 12<sup>th</sup>**

## **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 16<sup>th</sup>**

## **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.

[RockSolidWS.com](http://RockSolidWS.com) [1332 Columbia Ave East, Battle Creek MI 49014](https://www.google.com/maps/place/1332+Columbia+Ave+East,+Battle+Creek+MI+49014)

## **MEET YOUR INSTRUCTOR**

LIFE-LONG HEALTH & WELLNESS  
ENTHUSIAST WITH A PASSION FOR  
MOVEMENT, MINDFULNESS AND THE  
ANCIENT WAYS OF LIFE. LUCAS IS  
200HR YOGA TRAINED, 100HR  
MEDITATION TRAINED AND HOLDS  
CERTIFICATIONS IN HOLISTIC  
NUTRITION & LONGEVITY WELLNESS.



**Lucas Hale**



 **660-281-8912**

[@WarriorMonkMethod](https://www.facebook.com/WarriorMonkMethod)

 [WarriorMonkMethod@gmail.com](mailto:WarriorMonkMethod@gmail.com)

