

Valentine Vinyasa Flow

with Cindy Phillips

Tuesday, February 14th

6:15 - 7:45pm

\$15 drop-in (or use your class card)

Open your heart & let the love shine
with backbends & twists!

Nurture your heart with deep relaxation!

*This class is suited for students with a working knowledge
of sun salutations & free from major injury.

Register: **941-224-0292** / www.IslandYogaSpace.com

