



YOGA

Location:

InForm Warehouse
18635 US Hwy 84-285
Espanola (Arroyo Seco)
www.bodybasicshealingcenter.com
(505) 753-6755

Text for more Info:

Lori: (505) 927-5073
Teresa (505) 629-3331

**FREE FLOW YOGA**

9:00 AM - Monday, Wednesday and Friday
\$65/10-class punch card or \$8 per class (drop-in)

Instructor: Lori Garcia

FLEX AND TONE YOGA

9:00 AM - Tuesday and Thursday
\$52/8-class session or \$7 per class (drop-in)

Instructor: Teresa Sparks