



BRIDGE COUNSELING AND WELLNESS  
*Bridge the gap between mind and body.*

JUNE 2021

## SLOW FLOW YOGA

Tuesdays 12:15 - 1 pm **WHEN**

**WHERE** Bardstown Rd Building  
1904 Eastern Pkwy

This class will be themed **WHAT** around stress relief and bringing awareness to any tension we may be holding in our bodies. Be ready to move, laugh, and grow!  
Mats and blocks available to use.  
All levels are welcome.

*~ Bridge clients only ~*  
*10 person class limit!*

[www.bridgemindbody.com](http://www.bridgemindbody.com)  
(502) 694-9488

 @bridgemindbody  
 @bridge\_mindbody

*Masks encouraged, however are not required for vaccinated participants.*

| SUN | MON | TUE                  | WED | THU | FRI | SAT |
|-----|-----|----------------------|-----|-----|-----|-----|
|     |     | 1                    | 2   | 3   | 4   | 5   |
| 6   | 7   | 8<br>Slow Flow Yoga  | 9   | 10  | 11  | 12  |
| 13  | 14  | 15<br>Slow Flow Yoga | 16  | 17  | 18  | 19  |
| 20  | 21  | 22<br>Slow Flow Yoga | 23  | 24  | 25  | 26  |
| 27  | 28  | 29<br>Slow Flow Yoga | 30  |     |     |     |