

# Chakra Flow Yoga

Tuesdays at 7:30pm

Flow through asanas in this mixed-level class.

Classes begin week of March 1

With Laura Shores, RYT

# Vinyasa Flow Yoga

Thursdays at 7:45pm

Spirit Room located at: 111 Broadway (701) 237-0230

Flowing Yoga designed with the Chakras and Energy Body in mind. Join us on our journey as we move through physical practice into a deeper state of Yoga.

New to the Spirit Room

Lotus Studio

