

SPIRIT



ROOM

G A L L E R I E S



Laurel

Laurel Moulton is a graduate student in biology at NDSU, studying the red-winged blackbird. She is from Austin, Texas and is a certified yoga teacher with Yoga Yoga

Flow Yoga

9:00 am Saturdays
Flow Yoga with Laurel

10:30 Saturdays
Beginning Yoga with Laurel

Bellydance
Shamanic Drumming
Umoja Drum and Percussion

Qigong
Oryoki
Ikebana