

SPIRIT ROOM



GALLERIES



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

4 sessions per month, \$30
Beginning
May 5, June 2, July 7
and August 4