

# 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