

## NEW WEEKLY CLASS! Peace, Love & Slow Flow Yoga

Begins Tuesday, June 6<sup>th</sup> | 4:30-5:30 PM

With Kaycee Aragon, Yoga Teacher in Training



### New Weekly In-Studio & Online Class: Peace, Love & Slow Flow Yoga

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#### What can you expect in class?

- **Enter** in to a nurturing healing practice where everyone is welcome
- **Integrate** gentle movements with your breath to create a harmonious relationship between the two
- **Experience** a peaceful practice incorporating simple postures to stimulate strength, flexibility and deep relaxation
- **Bring** your mind, body, and soul into homeostasis
- **End** class with a mindful savasana or final resting pose

#### Who should take this class?

- Whether you are just beginning your yoga journey or looking for a nurturing healing practice **everyone is welcome.**
- **Grab your mat & join us** as we settle our mind & body while getting zenned!

#### Can't make the live-streamed class?

- Register to **receive 5 day video access!**



### Welcome Kaycee Aragon to 5 Koshas! B.S. & Yoga Teacher in Training

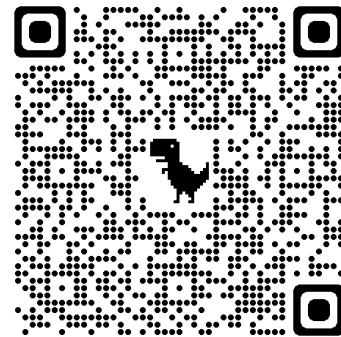
"I believe yoga is for every body & want to spread peace & happiness to all my students. During class, I guide students through techniques to help calm the mind, while strengthening the body. Classes offer a nurturing flow with an emphasis on the importance of breath & movement."

#### More Details & Register Here:

[www.5koshasyoga.com/events](http://www.5koshasyoga.com/events)

#### Easy Way to Register:

- 1) Put phone camera up to the QR Code below



- 2) A link will appear on your phone screen. Tap on the link.
- 3) You will be directed to the registration links!

**FEE:** Use Your Class Pass, Monthly Membership or Drop-In!

**Questions?** Contact The 5 Koshas Team at [office@5koshasyoga.com](mailto:office@5koshasyoga.com)