



Alexandra Rodriguez and Sarah Henry Present

# *Off to a Good Start*

## A Flow and Yin 4-Class Series

Each class includes...

35 minutes Vinyasa

35 minutes Yin

A custom spotify playlist to accompany your practice

A link to two pre-recorded guided meditations



Each Class is 75 minutes  
and will be online only  
via Elevate Zoom

\$20 a class or  
Purchase 4 classes  
for \$60

Jan 13th and 27th & Feb 10th and 24th 6-7:15pm

