

# VINYASA

## ALL LEVELS FLOW

Free Class Compliments of ArtiZen Yoga & Massage

### EVERY WEDNESDAY

**0630 MCRD Parris Island Fitness Center**

**OPEN TO ALL AUTHORIZED PATRONS**

Enjoy the feel of Vinyasa Yoga which translates to breath synchronized movement. Students will flow from one pose to the next in unique sequences. This unheated practice is great for students of all levels interested in building flexibility and strength.

For more information, please contact: 843-228-1563 or [brittinghamd@usmc-mccs.org](mailto:brittinghamd@usmc-mccs.org)



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