



Rise & Flow Morning Yoga

With Maya

Tuesday & Thursday

9:30-10:45

\$17 Per Class

**Discounted Class
Passes Available!**

**Drop-Ins
Welcome!**

Start your day with purpose and peace through yoga's moving meditation. Slow flow invites attention to alignment and breath. Each class increases flexibility and balance, while building strength. These tools encourage more comfort and ease on the mat and beyond- into daily living. Plenty of variations are offered to create a deeper understanding and connection to body and mind. All ages and levels of experience are welcome!

Maya Pagán is trained in both Vinyasa and Restorative Yoga. She merges fluid movement with guided stillness and believes that yoga should be accessible to all. She is a published author of three books encompassing creativity, healing and wellness and holds a degree in Psychology from the University of California Santa Cruz. Maya's greatest joy is supporting others to find expansiveness in body and mind.

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