

September

Saturday Yoga

Mindful Flow

with Liz

Energetic movement through a series of poses with an emphasis on the breath while cultivating moment to moment awareness.

Some yoga experience recommended. Level 1/ Level 2 class with modifications will be offered.



Saturdays in September
9:00 - 10:15AM
Group Exercise Studio

Space is limited, registration required for each class through online Member Self-Service or Member Services. Registration begins 7 days in advanced, beginning at midnight.

Duke Center for Living
at Fearington