



DESERT SONG
Yoga & Healing Arts

- EXPLORE YOUR HEALTH | DISCOVER DESERT SONG -

Community Day

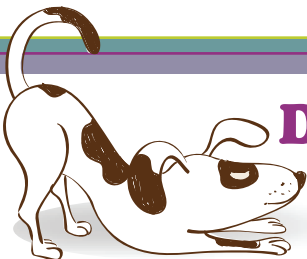
SUNDAY, JUNE 23, 2019

10:30 AM - 2:30 PM

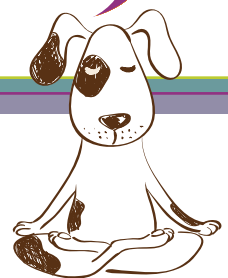
Purchase a \$10 Day Pass to participate in a variety of 30 minute classes, enjoy a 10 minute massage and receive a free class card (\$18 value).

- 10:45 am - 2:00 pm: 10 Minute Massages
- 10:45 am: Therapeutic Elements / Warrior II
- 10:45 am: Slow Flow
- 11:00 am: Pilates
- 11:30 am: Regaining Balance through Tai Chi
- 11:30 am: Gentle Yoga
- 11:45 am: Strong Back, Strong Core
- 12:15 pm: Ayurveda Explained
- 12:15 pm: Core for Back Strength
- 12:30 pm: Chi Gong
- 1:00 pm: Chill Community Flow
- 1:00 pm: Prenatal Yoga
- 1:15 pm: Breath Work
- 1:45 pm: Yoga Nidra
- 1:45 pm: Flow Yoga
- 2:00 pm: Yin Yoga

Namaste



**Desert Song's Dog Days of Summer
2019 Yoga Challenge
July 1 - September 30, 2019**



Tuli Markus

Keep your down dog cool as the heat turns up! For details VISIT: desertsongyoga.com



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desertsongyoga.com

VISIT: 3232 North 20th Street Phoenix, AZ 85016

CALL: 602-265-8222