

LiveWell Camas

MONDAY

10:15 FLOW: All Levels
12 FIT: Glutes + Core
7:15 FLOW: Slow Flow

TUESDAY

10:15 FORM + FLOW
12 FLOW: All Levels
7:15 FORM: Yin

WEDNESDAY

10:15 FLOW: All Levels
12 FIT: Strength+Stability
4:00 LWYS Yoga Club
5:15 FORM: Restore

THURSDAY

10:15 FORM + FLOW
12 FLOW: All Levels
6:15 FLOW + Yin

SATURDAY 6 week series

Yoga Fundamentals

10:15 am 4/6-5/11

New Series

10:15 am 5/18-6/22

*stay tuned for updates

SUNDAY

Starting April 14th

8 am - 9 am

Thrive Yoga: All Levels

*By Donation \$15 suggested



417 NE Birch Street Camas
98607 | 360-844-5715

SPRING SCHEDULE

WWW.LIVEWELLCAMAS.COM
TO PRE REGISTER

FRIDAY

Pop - up Classes
+
Community Events

SPECIAL EVENTS

3/30 Rebirthing Workshop

3/31 Breathwork Circle

6/21 Solstice Practice

6/23 PRIDE Block Party and
Solstice Celebration

**Stay Tuned for updates

First Saturdays

Hado Healing Soundbath