



# LUNCHTIME YOGA

Wednesday's 12-1pm | January 10 - February 14

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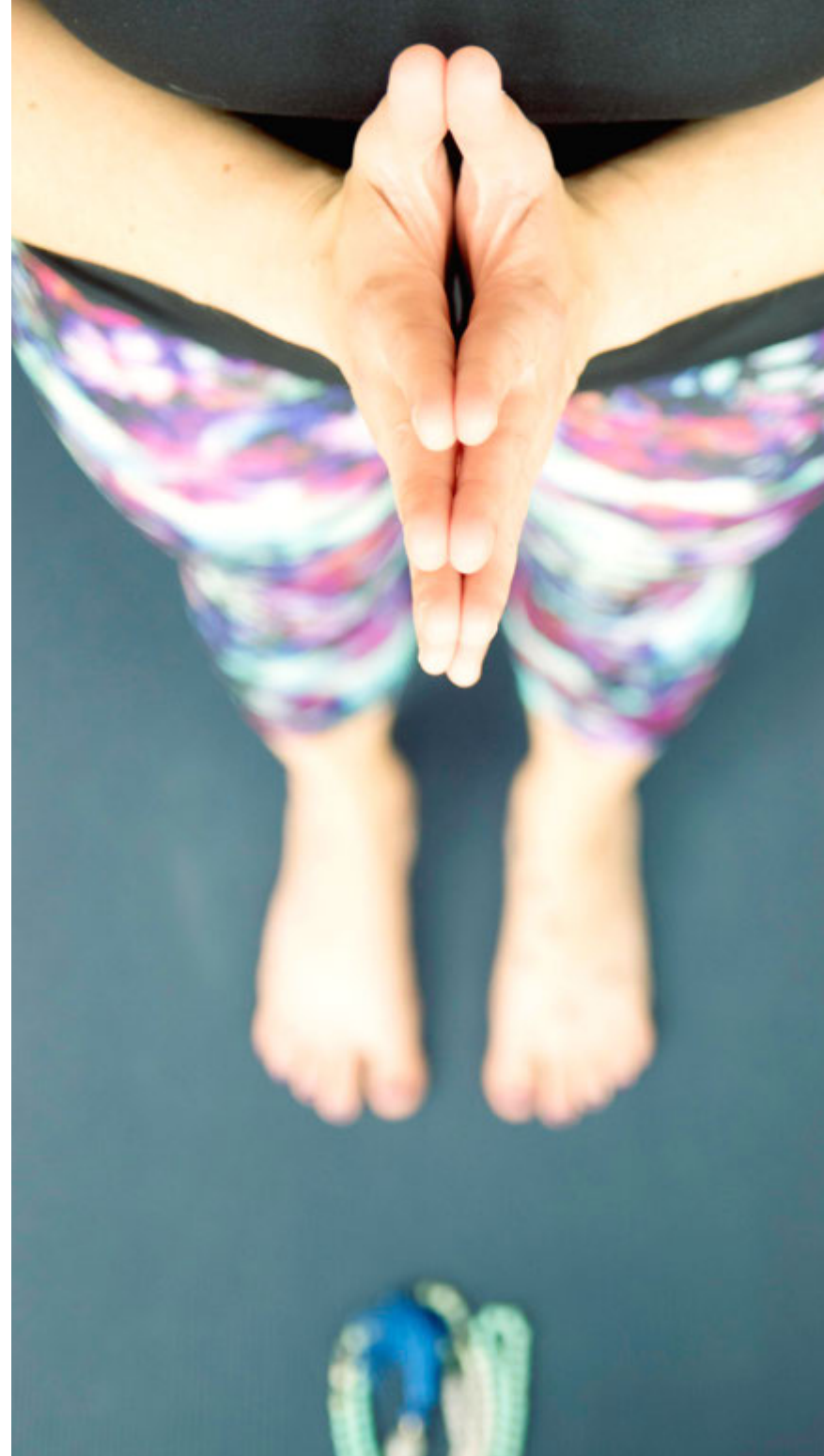
This 60-minute, mixed-level Yoga Flow class is the perfect mid-day treat. Breathe, flow and unwind as you move through poses designed to alleviate the stress of the desk.

**Please bring a yoga mat & water bottle**

Classes are sponsored by Roche.



455 SCIENCE DRIVE, 2ND FLOOR. FOLLOW SIGNS TO THE STUDIO.



Interested in joining? Email us at [info@blissflowyoga.com](mailto:info@blissflowyoga.com)