



SOMATIC YOGA CLASS

Yoga that prioritizes how movement feels, rather than how it looks—perfect for reducing stress and improving body awareness!

Beginning
Wednesday June 4th
at 5.00 PM

Groundwork Counseling Office
1107 Indian Mound Dr, Ste D
Mt Sterling, KY

Instructor: Carina Schroedel
carina.schroedel@proton.me

