



# 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 4<sup>th</sup>  
at 5.00 PM

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

Instructor: Carina Schroedel  
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