

# You can find me on my mat...

## Come Practice with Me in SLC!

Sundays at 10am  
Total Body Pilates  
Vinyasa Flow

Mondays at 7:30am  
Salt Lake Power Yoga  
CommUNITY Class

Mondays at 7:15pm  
We Are Yoga  
Yoga for Stiffer Bodies

Wednesdays at 12noon  
We Are Yoga  
Noon Flow

Thursdays at 4:15pm  
We Are Yoga  
Flow & Restore

\*all classes can be reserved  
on the MINDBODY app!