

this is **bliss**

BLISS is a golden awakening.

A sacred immersion into warmth.

A time to soften, wander, and come alive.

It is the season when light lingers longer, joy feels effortless, and the soul begins to feel untethered.

The freedom that comes from letting go and fully embracing the present moment.

Not rushing, but flowing.

Not striving, but savoring.

A space where the body, mind, and spirit drift into the fullness of summer: radiant, playful, and free.



bloom

BINGO

YOUR NAME: _____

HEATED FLOW	MOBILITY + RESTORE FLOW	COMMUNITY FLOW
BRING A FRIEND TO CLASS	ANY AERIAL FLOW	HOT PILATES
PILATES FUNDAMENTALS	SOUND MEDITATION SOUND THERAPY	ATTEND A FRIDAY NIGHT EXPERIENCE
TRY A NEW INSTRUCTOR	SUSPENSION PILATES	RECOVERY FLOW

COMPLETE EACH CLASS AND WIN A \$30 GIFT CARD! VALID THROUGH AUGUST 31ST. ONE BINGO CARD AND PRIZE PER GUEST.