

evolve

BINGO

YOUR NAME: _____

SOMATICS + SOUND	RELAX + RELEASE	FUNCTIONAL STRENGTH
YINYASSA FLOW	CHAKRA FLOW	LIFT + ALIGN
RESTORATIVE FLOW	SOUND MEDITATION SOUND THERAPY	HEATED YIN
SOMATIC MOVEMENT	YIN YOGA	SLOW FLOW

COMPLETE EACH CLASS AND WIN A \$30 GIFT CARD! VALID
THROUGH FEB 28TH. ONE BINGO CARD AND PRIZE PER GUEST.

this is **evolve**

EVOLVE is a softening into stillness.

A sacred return within.

A time to nourish and rest.

It is the threshold between what was and what's next.

The transformation born from the depths of our souls.

Not shrinking, but shifting.

Not movement, but meaning.

A space where the body, mind, and spirit settle into alignment: quiet, tended, and wholly restored.

