

# Friday Night Flow

FRIDAYS @ SADHANA  
7:30 TO 9:00 PM  
with AME WREN

*This class combines invigorating vinyasa sequences with flowing elements of dance that lead into long-held yin postures to create an experience that is both detoxifying and restorative. The vinyasa and core work is set to a fun playlist of hip-hop, pop and dance music to open, warm and loosen the body. The flow is followed by deep stretching and a relaxing savasana to release the tension of a busy week and energize for the weekend. Come move, have fun and experience your practice in a whole new way!*



**SADHANA**  
*Yoga*

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