



SONIC FLOW MOVEMENT CLASSES *by donation*

STARTS MAY 31!!

Join us for outdoor movement classes that will charge your body and balance your soul. Sonic Flow is an inclusive movement class with 4 sections: *cardio, strength, flexibility* and *relaxation*. We use elements from flow-based movement styles, like conditioning, dance, martial arts, yoga, acrobatics, and stillness. All are welcome! Check our website for more info.

Level 1 Sonic Flow

Tues, Wed, Sun 5-5:40p
Sat 10-10:40a

location: Bushrod Park, near the courts
payment: by donation via Venmo at the site
calendar: check online the morning of class to make sure it's being held that day
(weather, etc.)

sensory aware & divergent friendly