



located
at



BRIAN NOW TEACHES VIBRANT LIFE YOGA AT THE FLOW DEPOT,
WHICH IS LOCATED AT 1320 HAMPTON AVE, GREENVILLE, SC 29601.

Drop in single class \$15 | Five class prepaid card \$60

Monday, Wednesday & Friday

9:15 - 10:30 am

Saturday

9:15 - 10:45 am

Class Description

Brian teaches you to breathe deeply at the beginning of every class then guides you through a series of postures to challenge your breathing practice. Even if this is your first yoga class ever you will be comfortable and prepared to practice. The sequence of postures will help you improve your ability to balance on one leg, strengthen areas of weakness, and stretch tight muscles. You will feel calm and grounded after each class. Brian encourages you to go beyond the physical practice by sharing yogic philosophy to help you create discipline and positive habits that will become your life practices. The relationship you have with yourself and others will take on a new level of importance. You will find yourself living a more grateful, humble, and kind-hearted life. Feel more alive and start today!