



# YOGA FLOW

## 6-week class series

Every Tuesday from Feb. 28 to April 4

5:30 to 6:30 p.m.

Bruceville Center, South Sacramento

Join us and thrive at Yoga Flow, a 6-week class series that will make you feel more balanced, uplifted, and grounded!

Facilitated by Michael Fong & Tristina Kennedy of Roots to Wings Yoga, you will be led through a flow style practice designed for all levels, no experience necessary.

Bring your yoga mat, disposable mask, wear comfortable clothing, practice social distancing and get ready to move.

No pre-registration required, and walk-ins are welcome.



For questions or more information,  
visit [www.kpwellnessu.org](http://www.kpwellnessu.org),  
email [Employee-Wellness-SSC@kp.org](mailto:Employee-Wellness-SSC@kp.org), or  
call (916) 525-4820.

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