RADIANT SPINE & QUIET MIND



Awaken your spine, detoxify & quiet the mind. Explore dynamic movement that will help you tone your body and nervous system, improve your posture, strengthen your core and unlock your shoulders, neck and back.

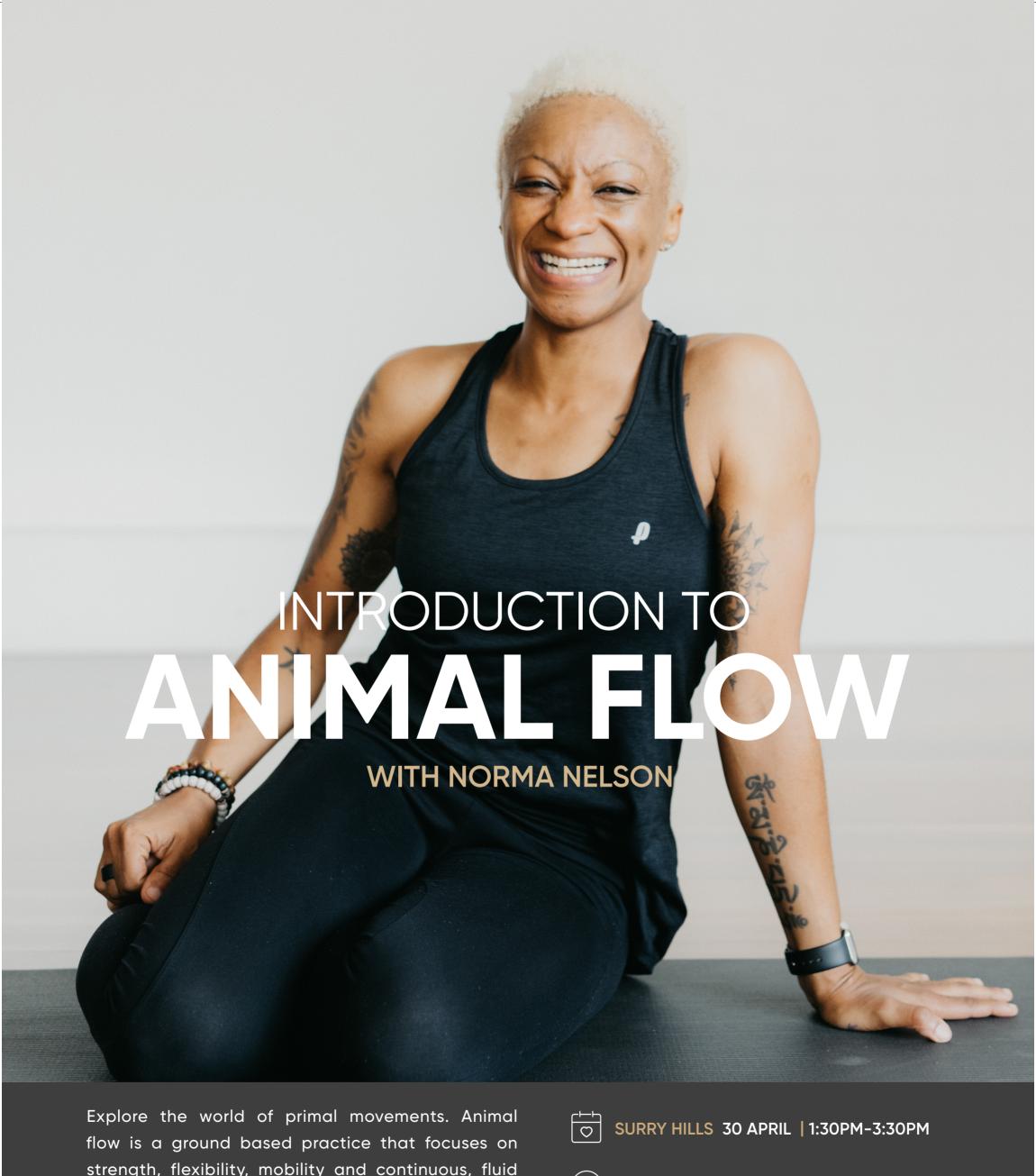


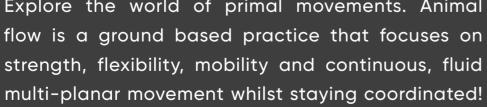
SURRY HILLS 5 MARCH | 1:30PM-3:30PM



MEMBERS: FREE | NON MEMBERS: \$55









MEMBERS: FREE | NON MEMBERS: \$55

