



SLOW FLOW  
**VINYASA**

FOR HEALTH AND RELAXATION

Invite yourself to close your eyes and breathe your way through this slow yoga flow. Unravel and ease tension and stress of daily life through this challenging, yet relaxing, series of postures that include moving your spine in all six directions, hip and hamstring openers, balancing, adominal strengthening, lengthening the entire system as well as finishing postures, with a guided Savasana (corpse pose).

FEEL THE FREEDOM OF TRUE BALANCE  
AS YOU LOSE YOURSELF IN THIS YOGA FLOW!

INSTRUCTED BY: **KATHI PERRY**, E-RYT  
[www.franklinyogacenter.com](http://www.franklinyogacenter.com)

Enjoy this audio cd, created by Kathi Perry. Now available at Franklin Yoga Center.

**120 Seaboard Lane  
Franklin, TN 37064  
(615) 957-5188**