

Eastern Flow



Connect mind, body, and spirit in this Eastern Flow class. The class centers around the concept of Flow - a state of effortless clarity and euphoria that can transform lives. Traditional Eastern movements from martial arts and nature are explored, but in a modern way. Music is used to enhance enjoyment and aid in movement flow.

This class is community oriented and fosters a supportive, non-competitive environment.

All movement is easily adaptable and can be done seated or standing.

**Thursday, May 8th and 15th at 2:30pm
at the Holland Street Center. No class on May 1st.**

**For more information and to register contact
Michelle at 617-625-6600 x2315**



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at somerviva@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.



KATIANA BALLANTYNE
MAYOR