

# Hot Flow and Yin

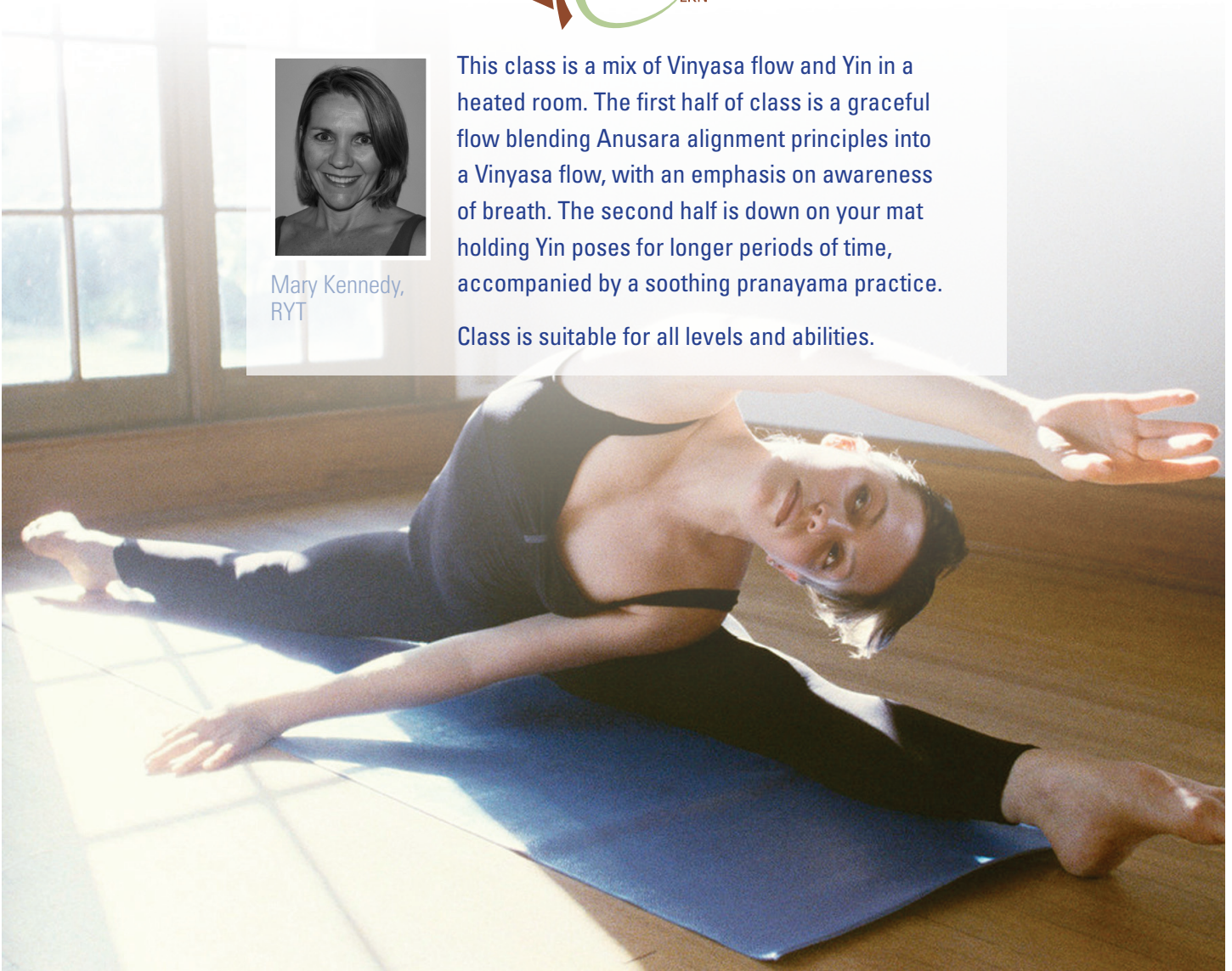
*Class Series  
with Mary Kennedy, RYT*



Mary Kennedy,  
RYT

This class is a mix of Vinyasa flow and Yin in a heated room. The first half of class is a graceful flow blending Anusara alignment principles into a Vinyasa flow, with an emphasis on awareness of breath. The second half is down on your mat holding Yin poses for longer periods of time, accompanied by a soothing pranayama practice.

Class is suitable for all levels and abilities.



**Hot Flow and Yin Class Series**

**Begins Sunday, October 9 | 6:30 – 8 pm**

Continues every 2nd Sunday – Regular class pass applies!

**Gotta Yoga™ Lake Norman Studio**  
Jetton Village  
19911 North Cove Road, Suite 12  
Cornelius, NC 28031  
704-796-3608 Studio  
[www.gottayogastudio.com](http://www.gottayogastudio.com)