



southern exposure

WHAT'S NOW, NEW AND NEXT AT SOUTHERN OREGON UNIVERSITY

Primal Flow - FREE all levels yoga class @ SRC

Meet yourself on the mat, class starts with a brief meditation, grounding us into our mind/body connection space. Moving into a warm up that includes awakening the core & tapping into our spiraling structure.

We move into some challenging core strengthening, through sliding, cardio activation & somatic sounding, offering the opportunity to release anything the body/mind/spirit may be holding, supported by juicy beats & fun, lively, empowering atmosphere. Come join Oona on the Mat, for Primal Flow.

ALL LEVELS

Location: Student Recreation Center (SRC)

FREE for SRC members

Tuesdays 5-6pm

Thursdays 12:30-1:30pm