



5RHYTHMS®

WEEKLY CLASS LED BY ARIEL KARASS

5Rhythms® is a dynamic movement practice—
a practice of being in your body—that ignites
creativity, connection, and community.

*"The fastest way to still the mind
is to move the body."
- Gabrielle Roth*

WEDNESDAYS
STARTING SEPTEMBER 6

7-8:30pm

\$15 per class (no class cards or packages)

Register online under Classes

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PREMA YOGA BROOKLYN

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