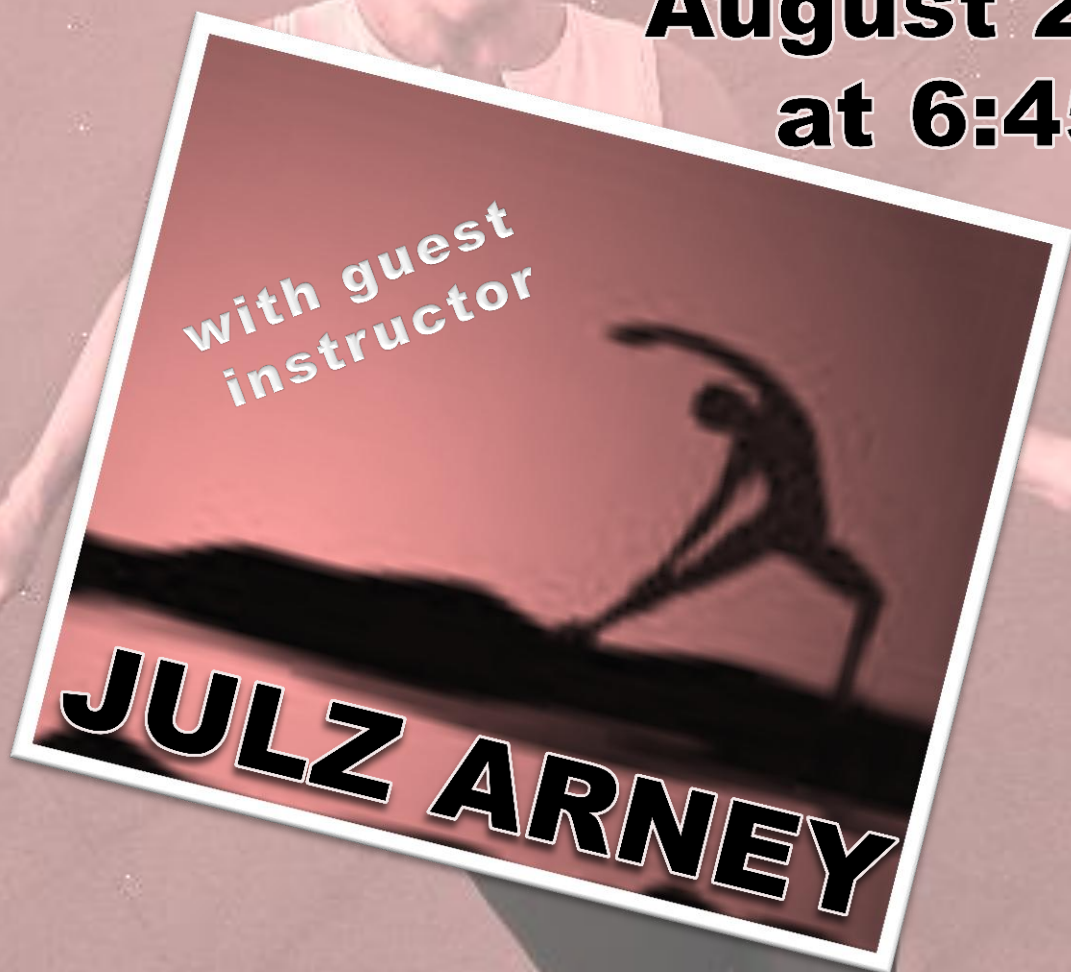


Delicious Yogahh

**Nautilus
West**

**Wednesday,
August 25th
at 6:45**



Yoga is yummy for the mind, body and soul. This class will “flow” through some traditional and a touch of “new” classic poses. Combined with the perfect soundtrack of acoustic hits, this YOGA CLASS is a REAL TREAT!