



In-Person Event



Slow Flow Yoga

Learn a slow, beginner-friendly version of Vinyasa yoga that links the breath to movement using a creative sequence of postures.

Sign up today!

*For adults.
Presented by JB Fitness.*

SATURDAY
OCT. 22
10 AM

OSPREY PARK
801 1st St.
Sultan, WA

sno-isle.org

To request accommodations for an event,
email accessibility@sno-isle.org or visit sno-isle.org.

SNO-ISLE LIBRARIES