



## YOGA LUNCH EXPRESS

Mon | Wed 11:30am - 12:20pm

Take a break from your day at work or home, de-stress, revive and refresh feeling calm & balanced. Each week, focus will shift to a particular part of the body through a mindful flow and attention to your alignment. Gain a deeper understanding of how to move with greater ease. All levels encouraged & welcome.

**\$15 Per Class**

**CALL 443-524-0442 to Sign Up!**



**Harbor Physical Therapy**

575 South Charles Street, Suite 201  
Baltimore, MD 21201



### Amanda Wagner

Registered 200 HR Yoga Teacher, Prenatal Yoga, Pilates & Sculpt.

As an athlete, mama & yogi, Amanda has a well-rounded understanding of how the mind & body function together. With a love to teach & inspire, Amanda practices and continues her education to keep her students safe, informed and motivated.