

Freedom in Motion: A 6 Week Series

Thursday's 5:15-6:30 PM

Beginning June 15



Join seasoned teacher, Lauren Strait, for this six week series that will heighten your awareness, refine your responses and facilitate deeper connection to Self. Classes will combine a balance of effort and ease, strength and softness, challenge and surrender. Cost for series: \$78

• Intermediate, but accessible to all levels! Contact Lauren to pre-register • 518-312-0075 •

[Free Movement Pilates 500 Kenwood Ave](#)