

Momentous Mindful Movement (MMM)

Wednesdays 12:15pm-1:00pm PST via Zoom

A customized, faster-paced class designed for intermediate/advanced movers. One-month commitment at \$10/session. New cohort at the beginning of each month. \$15/drop-in session. [Email me](#) to sign up. Drop-ins: Please email me by 8pm the day before class.

*Recommended props for this class: looped band, elastic strap, fitness sliders, Pilates ring.