

# AWARENESS THROUGH MOVEMENT® CLASSES

at LUX Collective Fitness in the Central District

**Classes Moved Online**



Photography by Rosalie O'Connor

[www.rosalieoconnor.com](http://www.rosalieoconnor.com)

**What:** Awareness Through Movement

**When:** Ongoing Sundays / 10 to 11am

**Cost:** \$25 drop-in

\$112 5 class card

\$200 10 class card

**Register for class at:**

**[luxcollectivefitness.com](http://luxcollectivefitness.com)**

**Where:** LUX Collective

417 23rd Ave South

Seattle, WA 98144

**Who:** For all ages and no experience required. Must be able to safely lie down on the floor. Wear comfortable clothes to move in and come with your curious and playful self!

**\* Plenty of free parking located in the parking garage.**