



YOGA
WORKSHOP

INVERSIONS & ARM BALANCES

SU, JUNE 23
NOON-1:30 P.M.
YOGA STUDIO
WITH MORGAN

EMPOWER YOURSELF TO TAKE FLIGHT. This all-levels workshop breaks down arm balance variations, allowing you to experience them for the first time or further refine them. The workshop explores crow, headstand, forearmstand and handstand in a powerful sequence. Flow from one arm balance into the next and expect to move, groove, get upside down and sweat in this fun invigorating workshop! \$45/member

Registration required.



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