

FIND YOUR BALANCE

SUMMER
YOGA
2019

TRY A ONE-TIME
WORKSHOP OR ADVANCE
YOUR PRACTICE WITH
A THOUGHTFULLY
DESIGNED SERIES.

WORKSHOPS

INVERSIONS AND ARM BALANCES

SU, JUNE 23 | NOON-1:30 P.M. | \$45/MEMBER

POWER DETOX: LEAN & CLEAN YOGA FEATURING PRESSED JUICERY

SU, JULY 28 | NOON-1:30 P.M. | \$45/MEMBER

INTRO TO HANDSTAND

SU, AUGUST 18 | NOON-1:30 P.M. | \$45/MEMBER

SERIES

YOGA FOR STRENGTH & VITALITY

SA, JUNE 15, 22, 29 | 1-2:30 P.M. | \$30/CLASS

YOGA FUNDAMENTALS

SA, JULY 27, AUG. 3, 10, 17 | 1-2:30 P.M. | \$30/CLASS

JOURNEY TO HANDSTAND

SA, AUG. 24, 31, SEPT. 7, 14 | 1-2:30 P.M. | \$30/CLASS

