



YOGA101°

-How to set up posture correctly for YOUR body

-Modifications to the posture for your specific needs



-The benefits of each posture discussed

-A renewed excitement for your yoga practice

POSTURE CLINIC

TUNE UP YOUR PRACTICE

DEC 4, 2021 | 11:30AM-1:45PM

\$25

***EARLY BIRDS RECEIVE 15% OFF IF SIGNED UP BY NOV 27TH**

Limited to 15

WE WILL BREAK DOWN SOME OF YOUR FAVORITE POSTURES. GET DEEPER ONE-ON-ONE INSTRUCTION FOR THE POSTURES. YOU WILL BE ABLE TO ASK QUESTIONS AND GET FEEDBACK ON EACH POSTURE DISCUSSED. *THE ROOM WILL BE WARM TO HELP KEEP THE MUSCLES RELAXED BUT NOT HOT.