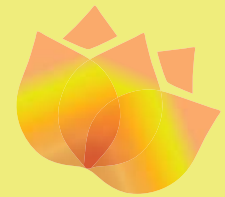


2018 FREE

YOGA CLINICS



POWER YOGA GROUP FITNESS STUDIO MARCH 20 5:15-6 P.M.

Leave your comfort zone at the door! this class will take flowing yoga sequences to the next level with the addition of weights and resistance bands. Participants will sweat through 30 minutes of non-stop movement and end with a few beginner arm balances and inversions. All levels encouraged!



BLINDFOLD YOGA GROUP FITNESS STUDIO MARCH 27 5:15-6 P.M.

In this judgment free class, participants of all abilities can expect to lose their sense of sight, and rely solely on the instructors' auditory cues to guide them through each asana.



ARM BALANCING YOGA GROUP FITNESS STUDIO APRIL 24 5:15-6 P.M.

Move past fear, build better balance, and strengthen your body with arm balance yoga poses like Crow Pose, Plank Pose, Firefly Pose, and more. This class is accessible for all levels since each pose will be broken down into individual steps. Take flight with us this Spring!