



**WORKSHOP**

## **BREAKING BAD - YOGA HABITS**

WITH RONN VIGH

Once we do something long enough it can easily become routine, and tiny habits we don't even notice can form. This is definitely true of our yoga practice. In this 2.5 hour workshop, we'll explore and dissect the nuances of popular poses and familiar hatha movements. From discussing pranayama (breathing techniques) to covering proper alignment, to mastering chaturanga, we'll break bad habits and get the most of each asana. Beginning yogis and the most advanced are welcome!

**Sunday, Feb 19th**  
**1-3:30pm**  
**Core Studio**

\$40 | \$30 FOR MEMBERS

*RSVP at [Studiomix.com](http://Studiomix.com)*

*under FIND A CLASS then WORKSHOPS*

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