



## MASTER CLASS

# ADVANCED ASANA

WITH CECILY GUEST

Explore new challenges and push past plateaus in your practice during this 2.5 hour master class designed for the intermediate level. We'll work on bindings, arm balances, standing poses, splits, inversions, and the ability to hold intricate poses for extended time. With personalized attention and hands-on adjustments, you'll expand your asana repertoire, encourage new achievements, and be inspired to take things up a notch. See you on the mat!

**Saturday, Nov 10th**  
**1:30-4pm**  
**Core Studio**

**\$75 FOR MEMBERS + GUESTS**

*RSVP at [Studiomix.com](http://Studiomix.com) under  
FIND A CLASS then WORKSHOPS*



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