



**WORKSHOP**

## HIPS + HAMSTRINGS

WITH CECILY GUEST

Focus on your flexibility! This 90-minute workshop will help you improve your lower body range of motion throughout your workouts and deepen postures in your yoga practice. We'll open the hamstrings, improve your forward folds, splits, and butterfly poses as well as stretch the lower back.

Benefits include:

- greater mobility
- stronger quads
- deeper lunges
- improved core engagement

**Saturday, Feb 23rd**  
**1:30-3pm**  
**Core Studio**

**\$25 FOR MEMBERS + GUESTS**

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



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