



**STUDIOMIX**

**WORKSHOP**

# YOGA FOR MEN

with Cecily Guest

**SATURDAY**  
**February 20th**  
**1:45-3:15pm**  
**Core Studio**

Tap into your innate strengths and core engagement in a Spartan approach to flexibility. This 90 minute, all level workshop explores Yoga poses from the perspective of a Yogi, one who is both strong and flexible.

- Benefits:
- Lift heavier
  - Squat lower
  - Move faster
  - Feel better

**\$40 | \$30 FOR MEMBERS**

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

*“As humans we tend to think of our limitations as weaknesses and vice versa. But what if the way we think about ourselves is what's really holding us back?” - Cecily Guest*



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1000 Van Ness, San Francisco | 415.926.6790 | [Studiomix.com](http://Studiomix.com)

