



STUDIOMIX

WORKSHOP

YOGA FOR WOMEN with Cecily Guest

SATURDAY
March 12th
1:45-3:15pm
Core Studio

A goddess approach to strength and flexibility, this class will allow you the freedom to move through the divine feminine that can sometimes be taboo in mixed company. Learn techniques to still the mind and harness your mental and physical powers without doubt or hesitation. This workshop will include:

- Meditation
- Deep breathing techniques
- Guidance to evolve your poses

\$40 | \$30 FOR MEMBERS

RSVP at 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

1000 Van Ness, San Francisco | 415.926.6790 | Studiomix.com



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