



WORKSHOP SERIES

YOGA TRAPEZE

WITH JESSICA HERMAN

Experience Yoga Trapeze, a fun and functional tool allowing you to elevate your practice above the mat. Learn safe and challenging postures to build upper body, grip, and core strength. We'll practice deep, passive backbends, splits, and hip openers to increase flexibility, improve posture, and relieve back pain. You'll love the benefits of hanging upside down in this innovative, four week, progressive series.

TUESDAYS
September 5, 12, 19, 26
8:15-9:15pm
Power Studio

\$100 FOR MEMBERS + GUESTS

RSVP at Studiomix.com

under FIND A CLASS then WORKSHOPS

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