



**WORKSHOP**

## **ACHIEVING CHATURANGA**

WITH CECILY GUEST

Learn and practice exercises to improve your strength and technique when performing chaturanga. In this all level workshop we'll use various props such as benches, blankets, blocks, and tubing to help achieve this challenging pose. Explore modifications, prevent injury, and improve form with tips you can apply immediately. You'll love every Vinyasa once mastering chaturanga. See you on the mat!

**Saturday, Aug 26th**  
**1:30-3pm**  
**Core Studio**

**\$35 FOR MEMBERS + GUESTS**

*RSVP at [Studiomix.com](http://Studiomix.com)*

*under FIND A CLASS then WORKSHOPS*

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