



WORKSHOP

YOGA IMMERSION

WITH CECILY GUEST

Immerse yourself in this 2-hour focused practice of inversions, binds, arm balances, and hip openers. With expert instructor support and individual pose corrections, the benefits will be abundant. You'll make progressions in your practice, learn tips to avoid injury, and walk away feeling inspired and full of potential. This workshop is not recommended for anyone with acute or overuse injuries.

Saturday
November 4th
1:30-3:30pm
Core Studio

\$35 FOR MEMBERS + GUESTS

*RSVP at Studiomix.com
under FIND A CLASS
then WORKSHOPS*



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