



WORKSHOP

YOGA 101

WITH RONN VIGH

Learn the basics in a welcoming environment! This 2-hour workshop will focus on common physical postures, sequences, and breathing practices included in the majority of yoga classes. We will tackle the proper alignment, benefits, and various modifications for each pose. Build a foundation and get comfortable on the mat. Open to all levels.

Saturday, Sept 14th
1:30-3:30pm
Core Studio

\$30 | FREE FOR MEMBERS

RSVP at Studiomix.com via FIND A CLASS

@StudiomixSF

