

Arm Balance Workshop

with Kelsey DiAstra



Saturday, August 19th

2:00-4:00pm

in the Enlighten Studio

Arm balances are some of the most invigorating & exciting postures in yoga. They require balance, strength and flexibility, marrying effort with ease and cultivating a harmonious relationship with gravity.

This workshop will start with a 45 minute warm-up flow, incorporating techniques that will directly apply to the upcoming arm balances. We will explore crow, side crow, hurdler, flying pigeon, and 8-angle pose.

**Some yoga experience recommended.*

\$30/members, \$40/non-members.

Purchase at the front desk to register.

Contact Kelsey at trainwithkelsey@gmail.com for more info.

