

# Basic Yoga 101 Workshop

September 23rd ~ 8:30-9:45



This workshop is designed as an introduction to the practice of yoga. This workshop is focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try.

Suitable for all levels

COST: \$12

RESERVE YOUR SPOT TODAY! Limited Space Call 480-447-4968

Fitness with Susan, LLC, in conjunction with At the Center of You, LLC 2017 - 86 N Valentine Street, Wickenburg, AZ 85390 480-447-4968, AtTheCenterOfYou.com