



Mindful Movements Studio

Yoga · Fitness · Lifestyle



Foundations of Float & Flight

This 2 hour workshop will explore transitions, arm balances and inversions. With limited opportunity to break these postures or transitions down during a regular practice, this workshop will offer an interactive opportunity for you to explore and play. Eric will provide you with take-home training drills to continue building the strength and range of mobility to express these fun and challenging poses.

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Sat., Mar. 9, 2019 • 11:15am – 1:15pm

Teacher: Eric

Cost: Passholders \$40 + hst

Non Passholders: \$55 + hst

Register Now • email: Kym@MindfulMovements.ca