

open up

3 hour yoga workshop to open the heart and hips

february 28th from 1:00 to 4:00pm
fee: \$40 • call 310 374 5933

Simone will teach techniques that safely open your shoulders and hips in this three hour workshop. Building the class slowly with classic postures, begin to release muscular and/or emotional tension. The effects may help promote healing low back pain, knee issues or migraine headaches. Call to reserve your spot for this very popular workshop.



lyfe™
YOGA CENTER

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