

Open Your Heart with Backbends

This playful workshop that will the joy and ease back into your backbends

Join guest teacher Naime Jezzeny on
Saturday, March 20th
9:30 — 12:00 pm
\$40

Keeping your spine supple is one of the best ways to achieve overall health and vibrancy throughout your life, yet most people hesitate when it comes to backbends...

Join Naime in this heart opening workshop that will remind you just how fun and freeing it is to tap into your backbending potential.



All levels welcome.
All that is required is a
willingness to try



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