



Improve Your Practice Beginner/Intermediate 2012 Workshop

January 15th 1:30-3:30pm

The first hour will be spent working on proper alignment with a focus on standing postures. You will learn a mindfulness to stretching, the correct position to help prevent injury and to take your practice to the next level. Followed by an hour flow class which will incorporate these postures. www.lisagoodwinyoga.com

**\$40 pre-pay
\$50 at the door**

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