

Questions and Answers with Reg

Saturday, April 7, 2018 1:00 - 4:00pm



with Reg Nugent

Cost \$50 (\$45 members)

Spend an afternoon going through the pros and cons of variations of posture and approaches found in Yoga.

Learn how to adapt Asana to be more comfortable and effective.

Come with your questions or come join the conversation and listen to the common mistakes in Asana that lead to injury and discomfort.

Sometimes the
questions are
complicated
and the
answers are
simple.



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