

Deeper Understanding of the Sun Salutation

September 15, 2018
Saturday 12:30-2:30 pm
Cost: \$40 (members \$35)



Jill Gaumont

Deepen your understanding of the Sun Salutation.
Jill will break down the postures that make up Surya Namaskar A and B, to bring awareness and strength where needed to cultivate a lightness in the body so that you will float on the breath through this very invigorating sequence of postures.

Open to all levels, everyone is welcome.

