

HOT YOGA WORKSHOP

“Sculpt your ideal body...free your true self...transform your life.”

Join us for an inspirational afternoon of building your practice on “The Rock.” Whether you are an experienced yogi or new to your practice, this workshop will be enlightening. By definition yoga means “union of the mind, body, and spirit.” We will be exploring all elements of a true yoga practice, seeking to find new places on our mats, and in our world.

Saturday March 24

2:00pm-5:30pm

Members \$34.99/Non-members \$45.99

- Explore the technical knowledge of postures to help create our practice on “The Rock”.
- Cultivate breathing awareness to unite the body and spirit
- 1 hour practice in the heat integrating physical Foundation and heightened breathing awareness.
- Seeking opportunities to find our edge.
- Learning to Relax fully through guided meditation.

Register at www.thearenaclub.com!

Transformation
yoga

2304 Churchville Road, Bel Air • 410-734-7300 • www.thearenaclub.com

 the
Arena
club