

DEEPEN YOUR PRACTICE - A MONTHLY WORKSHOP

with Leah Wrobel

Each month Leah has chosen a different theme and offers a focused four-hour workshop on the topic. It is a unique opportunity for yogis here in Tallahassee/Havana area to have the time and space to unfold additional dimensions that often our "regular" 1 - 1.5-hour class do not have the time to offer. Exploring breath work, partnering, transitions in flow and some more advanced postures, students achieve a deeper understanding of their own yoga, with guidance and support.

DETAILS

WHEN: Saturday 11 am - 3 pm

January 12th - Inversions

February 9th - Standing Poses

March 9th - Arm Balances

April 13th - Back-bends

May 11th - Forward folds

PRICING: Full series \$295 / Single workshop \$ 65

Please sign up in advance!

Email: wrobelleah@gmail.com or 850.980.6338

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