

Big Island Yoga Center

WEEKEND WORKSHOP AT THE STUDIO

SAT MAY 28TH & SUN MAY 29TH



Weekend- \$160 ~ 1 Day \$90 ~ Per Class \$50

5/28

10:30am Lateral Standings

2:30PM Seated Forward Bends

5/29

10:30am Backbends

2:30PM Restorative/Pranayama

~ALL CLASSES ARE 2 HOURS~

Janet will guide you to a place where Asana practice evolves into a form of meditation.

WWW.BIGISLANDYOGA.COM

<https://big-island-yoga.square.site>