



Absolute Beginner

Yoga Workshop *with* Aimee Firor McBride



March 9:
5:30-7:30pm ~ \$20

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For beginners or those returning to practice after a time away. This two hour class will prepare you to drop in on any open or basic class. Learn all your options to get started as a brand new beginner - the fundamentals of pranayama (breathing), the foundation asanas (postures) and enjoy a guided meditation.

Register 3 days in advance to reserve your spot



ananda shala