

THE ART OF SEQUENCING

WITH MOMI JHUNG

Sunday, September 12th

1:00 - 4:00 p.m.

\$55

Explore different ways of sequencing asanas (postures) for your home practice.

This workshop will be interactive and appropriate for all levels of students, whether you are just starting a home practice or are an experienced practitioner.

Minimum of 10 attendees.

mind body SOLUTIONS  **YOGA**

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