



Two Workshops at the Yoga Shed

Sunday September 28

Partner Yoga 10am – Noon

Come with a friend or spouse or family member and learn yoga poses that you can practice together. This session will be fun, connecting and presented at a level that everyone can enjoy.

The Art of Yoga Adjustments 1 – 3 pm

This workshop is offered for keen yoga students, yoga teachers and trainees to learn hands-on adjustments for a variety of postures. You will get to practice the adjustments on others in the class.

Cost: Each session \$20

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