

108 Yoga Space

BEGINNER WORKSHOP

YOGA ROOTS COMING SEPTEMBER 8th & 12th



In this workshop we will learn fundamental yoga postures from the mat up. Focusing on Sun Salutations, each pose will be explained in detail and modifications will be taught. Principal yoga etiquette and how to survive your first yoga class will be discussed. Geared for **beginners**. Take home guide included.

Sign up today on our website!



108yogospace.com



[@108yogospace on Instagram](https://www.instagram.com/108yogospace)