

# Hatha yoga with *Deep Adjustments*

with Ina and Yin

Sunday 6/10/18  
1pm - 2:30pm

This workshop is for beginner and seasoned yogis. We will take you through a sequence of seven postures. The class will be complemented with hands-on adjustments, offering a deeper understanding of the postures.

Space is limited to 10 students.

Members \$25

Non-Members \$30

**BEYOGA**  
TRADITIONAL & HOT YOGA