

YOGA 101

WITH DAVID MCGUIRE



6 WEEKS
FOR \$120

NOVEMBER 4TH - DECEMBER 9TH

MONDAYS | 12:00 - 1:00PM

*** LOCATED IN STUDIO 1 ***

READY TO START A YOGA PRACTICE BUT DON'T KNOW WHERE TO BEGIN?

This small group training will provide you with all the basics of Vinyasa Flow Yoga - from Sun Salutations to Downward Dog. You'll be given personal attention as we cover the most common Yoga Poses and make them accessible and customized to your body with detailed instruction, mindfulness and breath work. This training will incorporate balance, strength, flexibility, and endurance and you will be able to see your progress from week to week as we build up to a powerful, body-friendly, heart-opening sequence. All beginners are welcome!

TO SIGN UP, PLEASE CONTACT DAVID MCGUIRE AT 415.279.9448 | DAVIDM@AIRPORTCLUB.COM