



Spring Equinox Yoga Boot Camp

Saturday, March 20; 8:00a- 9:30a

Ready to get the body in tune for Spring?

Sign up for this class and you will be so grateful that you did! The energy of the Northern Hemisphere changes from Winter to Spring on this day!

We will flow through a series of Sun Salutations, Twists and balancing poses. You will have the option to work on backbends arm balances and full or modified inversions. This class will finish with a guided meditation and Savasana with aromatherapy. Light Refreshments and tea served after class.

It is also probably no coincidence that early Egyptians built the Great Sphinx so that it points directly toward the rising Sun on the day of the vernal equinox.

RSVP if you know you're attending, Drop ins welcome!

Only \$10

\$8 Yoga Pass Members and Students

***Yoga 4 Love at Superkicks Karate
800 Silken Crossing
Midlothian, TX 76065***

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