



Steve Wolf

Most people find that balance postures can be the most challenging part of their practice.

Come join Steve Wolf in a Kada Yoga workshop to learn the key of balancing, motor skills coordination and developing power in your practice. Studies show that muscle utilization are used in different yoga poses to strengthen your core and spine.

**WHEN: SATURDAY,
OCTOBER 19TH**

**TIME: 1:30 – 3:30 PM
COST: \$35**

WHERE:
Yoga In Daily Life
2402 Mt. Vernon Avenue
Alexandria, VA (right entrance)

REGISTER HERE:

<http://spekkel.click/stevewolfyoga>
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Text or Voice | (703) 675-5451
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KADA YOGA WORKSHOP

BALANCE YOUR YOGA

LEARN TO BUILD A STRONG FOUNDATION, STRENGTHEN YOUR BODY CENTER AND BE MORE GROUNDED. BE MORE CENTERED IN ALL OF YOUR PRACTICE.