



DIY



THE ASANA CLINIC

Learn how to practice “simple” postures to uncoding more complicated ones. Learn the common compensations in our most-commonly practiced asanas, and how those patterns can lead to our pains and injuries. And finally learn to practice the most confusing postures with confidence and purpose.

For this class, please make sure to have two blocks, a towel, yoga strap and your mat!

Make sure to sign in at least 5mins prior to class start time with the name you registered with.

Topic: ASANA CLINIC

Time: Sep 25, 2021 16:00 Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82942361009?pwd=MS9NeGJiRitsY0ltRGlhM3ltcHVvZz09>

Meeting ID: 829 4236 1009

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