



DIY



JUMPTHROUGH TUTORIAL

Hello and thank you for registering!

The format of this tutorial will be workshop style, partial lecture and partially movement-based with opportunities to experiment and experience the concepts I will be sharing with you.

The Jump-through Tutorial will cover a precise blueprint for developing the strength, skill, and mechanics of the seated jump-through vinyasa. This will be a short and focused lesson that will provide you with an exact formula that you can follow to eventually be able to put together the components and actually jump-through. **Please have a mat, a slick surface, a towel, and two yoga blocks (or dumbbells or something that you can use to evenly prop yourself up).**

Again, thank you for registering! I look forward to working with you! If you have any questions at all, feedback, ideas you'd like to share, future workshop requests, please feel free to reach out to me via email or Instagram!

Stay healthy with love,

Day

Topic: JUMPTHRU TUTORIAL

Time: Dec 4, 2021 16:00 Eastern Time (US and Canada)

Join Zoom Meeting

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