

ONE SOUL YOGA & WELLNESS CENTER

# CHATURANGA OR NOTURANGA

LEARN HOW TO CORRECTLY FLOW  
THROUGH CHATURANGA, HOW TO USE  
VARIATIONS AND HOW TO OPT OUT



SATURDAY WORKSHOP WITH BAILEE

TWO PARTS: JUNE 10 & 24 AT 10:30 AM

\$20 FOR BOTH SESSIONS

REGISTER:

[WWW.ONESOULYOGASTUDIO.COM](http://WWW.ONESOULYOGASTUDIO.COM)

