

Float & Fly Yoga Workshop With Stacey Zagortz

Monday Jan 23rd 11:00 am – 1:00 pm

Cost: \$40

Launch your yoga practice to new levels of strength and balance while gaining confidence and overcoming your fears. Through practical play, we will build the solid foundation for many inversions and arm balances. This workshop is open to all levels.* Come prepared to laugh, learn, and have fun!



- 30-40 minutes vinyasa flow to warm the body and calm the mind
- 60 minutes devoted to breaking down various inversions and arm balances and practice
- 15-20 minute guided meditation

*Inversions and arm balances are contraindicated for those with shoulder or neck injuries, high blood pressure, or pregnancy



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