



ASHTANGA YOGA BEGINNER IMMERSION

Discover the foundations of Ashtanga yoga in this beginner-friendly one month course.

FEBRUARY 1-28

\$150

Introductory Workshop
February 1st 10 AM-12 PM
Followed by weekly classes
Mon, Weds, and Fri 7-8 AM

Email vivian@bandharoom.com to register.