

Yoga Workshops & Masterclasses

Yoga Workshops and Masterclasses are specialized classes that are focused on technique. Master your skills or try something new.

Call 410-734-7300 to register TODAY

Foundations Workshop: Beginner to Advanced Yogi

Saturday, February 23rd, 2-4pm

Members: \$15

Non-Members: \$20

Build your Yoga practice on "The Rock," by learning proper body alignment. Even the most advanced Yogi can benefit from bringing focus back to the basics.



Yoga for Runners: Master Class for Runners

Sunday, March 10th, 11am-12:30pm

Members: \$10

Non-Members: \$15

A little bit of Yin (restorative stretches) and a little bit of Yang (basic power flow.) This class is designed for the athlete that finds tight hamstrings, hip flexors and overall limited flexibility.

Advanced Arm Balancing Master Class:

Intermediate to Advanced Yogi

Saturday, April 13th, 2-3:30pm

Members: \$10

Non-Members: \$15

Join us for a FUN 90 Minutes as we break down the mechanics in poses such as firefly, eight angle, crow, side crow, one leg over arm balance. If you've been struggling with these poses or just want to try them, you will be amazed at what a little one-on-one instruction will do for you.



Advanced Inversions Master Class:

Intermediate to Advanced Yogi

Sunday, May 12th, 11am-12:30pm

Members: \$10

Non-Members: \$15

Break down the mechanics of poses such as headstand, backbends, shoulder stands and more. Learning to find exactly where the strength in these poses comes from will enhance your entire yoga practice.

