



This Yoga 101 workshop is an instructional time to get on your mat. We'll go over basic yoga postures, transitions between poses, sun salutations and more! This is great way to prepare for group yoga classes of all varieties, or to simply ask questions and fine tune poses you already know. Let's get on our mat and play, letting the process be about exploration, not perfection. All levels welcome! ***Save your spot with member services or members can enroll online under Forum Specialty option!***

**SUNDAY  
APRIL 28  
2019**

**1:00-  
2:30 PM**

**FORUM  
MIND +  
BODY STUDIO**

**\$10 FOR  
MEMBERS  
\$20 NON**



## **ERICA CANLAS**

Erica is trained in Yoga Fit levels 1-5, anatomy & alignment, seniors + kids, and mat pilates. She loves that yoga is for everyone and enjoys both taking yoga classes and leading others in the practice! Yoga has been a game-changer for her. She loves the physical practice but even more so, the mind-body-breath connection that it cultivates.