



Westside Yoga Studio
strengthen, empower, inspire

The Art of Twisting

With Theresa

Sunday, April 8th from 2~4pm

Cost: \$30 dollars



Come explore the healing benefits of twisting from the inside out. In this two hour workshop we will learn the body mechanics of how to lengthen and twist our spine and the benefits of how twisting postures brings balance and rejuvenation to internal organs and digestive processes.

This class will include fundamentals of alignment, meditation, and an asana practice. All levels are honored and welcome!