

Level II Vinyaasa Practice

Co-taught by

Shannah Green &

Jessie Meyer-Eisendrath

Sunday, March 21st, 1-3:30pm



This is a unique opportunity to experience two masterful yoga teachers teaching the same class! You do not want to miss this two and a half hour event as Shannah and Jessie play off of each other's lead synthesizing and balancing each others skillful words.

However, this class is for **intermediate and advanced yoga students only** who are looking for a challenging endurance edge. Please no beginners.

Within the flow of Sun Salutations, Shannah and Jessie will be incorporating a creative and sometimes complex sequencing of backbends, balancing poses, twists, inversions and hip openers meant to cultivate strength, stamina and focus. The class will move intelligently from intial warm up, praanaayaama through standing aasana, floorwork and end with a long shavaasna and seated meditation. Come join Shannah and Jessie on this journey. You will leave feeling refreshed and inspired and reconnected to your life force!

\$16 drop in or use your class card! Wow!

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