

Salute the Sun

yoga workshop

**Sunday May 20th
9:00-10:00 at Studio Momentum**

Join Mallory Peterson for a beginner yoga workshop all about the Sun Salutations.

- **Learn proper alignment**
- **Discover modifications**
- **Utilizing your breath as you move**
- **Experience hands-on adjustments**

This interactive workshop will leave you with not only a more flexible body, but a newly generated confidence in your yoga practice.

**Members: \$5
Non-members: \$15**

Contact Mallory Peterson for more information at
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