

Float Your Cares Away

Restorative Aerial Yoga Workshop

with Mary Aulbach

Sunday, February 10, 2019

2:00pm-3:30pm



Come find some peace of mind in the embrace of weightlessness. This workshop will provide you with a more therapeutic and restorative approach to Aerial Yoga with a floating meditation to sweeten the practice!



Member Fee: \$25

Non-Member Fee: \$30

You can register with our front desk team or call us at (847) 229-0292

Sky Fitness 1501 Busch Parkway Buffalo Grove, IL 60089 www.skyfitnesschicago.com