

ARM BALANCE WORKSHOP

with

TABATHA



This is a foundation building workshop geared towards students who want to learn arm balances. We will intelligently build the poses to gain strength, stability, and balance. This workshop is for all levels. Just show up with a willingness to try and see what happens! BYOW "Bring Your Own Wrists!"

Friday, March 6th

6:00-7:00pm

Members

\$25

Non Members

\$35

Call to register today 847-229-0292

