

special
session

Radiant Core

paripurna navasana

with maricarmen

Sunday
Nov. 9th

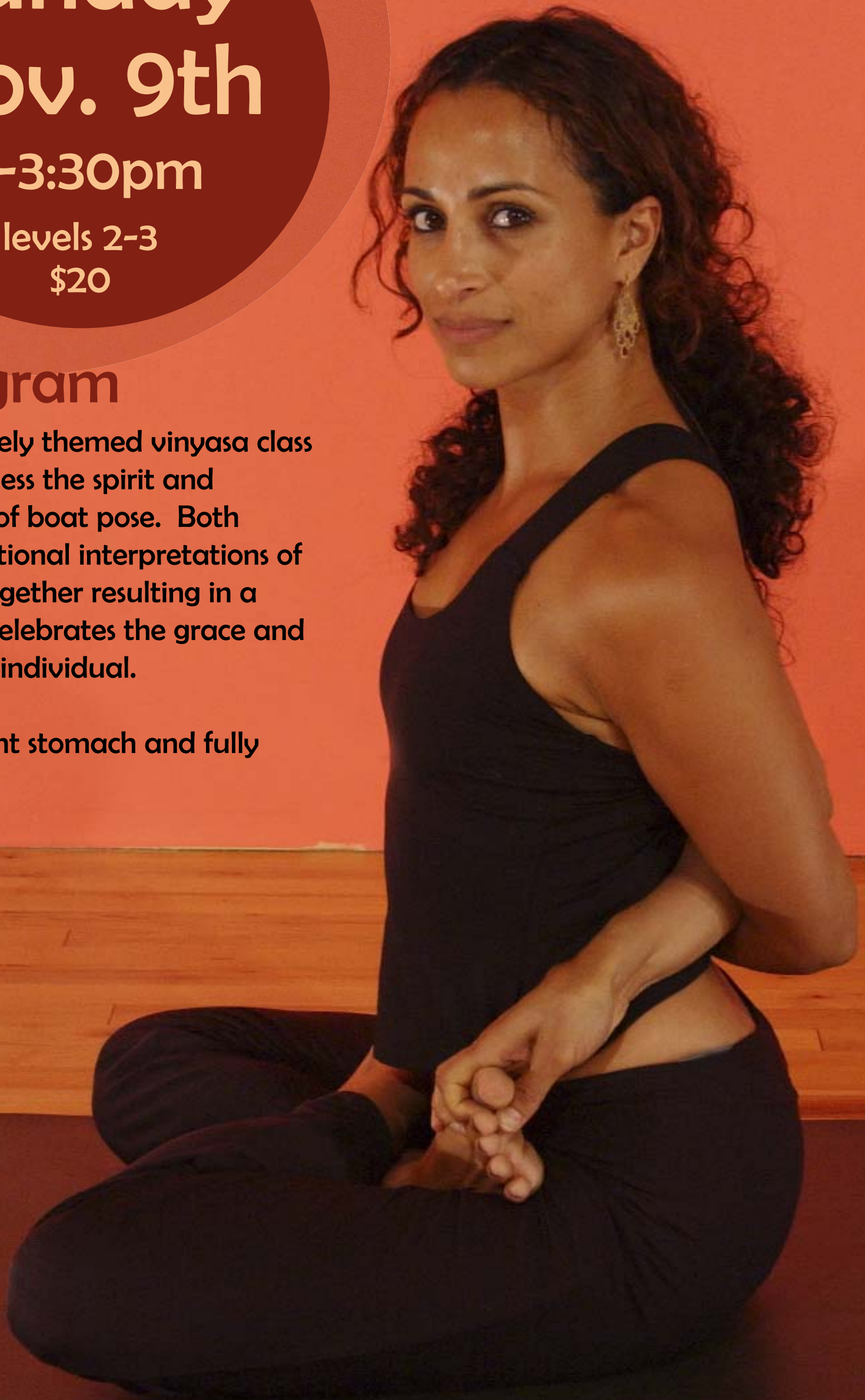
2-3:30pm

levels 2-3
\$20

about program

A full spectrum creatively themed vinyasa class that teaches us to harness the spirit and transformative power of boat pose. Both classical and unconventional interpretations of Navasana are fused together resulting in a challenging class that celebrates the grace and pure potential of each individual.

Please come with a light stomach and fully hydrated.



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