

HIP + SPINE

YOGA

Fundamentals

SUNDAY  
MARCH 29TH  
2:30 - 4:30 PM

*Feel more comfortable in your yoga practice.*

- Hatha postures
- 26&2 (Bikram Method) postures
- Breathwork
- Pose modifications
- Incorporating props
- Bandhas



EXCHANGE: \$45

SHERI CRAZE, MS, LMT, NMT, BCTMB, E-RYT 500, YACEP  
(MA106800)

Register at [capecoralyoga.com/schedule](https://capecoralyoga.com/schedule)  
or on the Cape Coral Yoga app