

HANDSTAND, HEADSTAND & ARM BALANCES

CAROLINE & JEROME

2 SEPTEMBER 2018
12.00 - 15.00

EXPLORING TOOLS TO DEEPEEN YOUR
UNDERSTANDING OF INVERSIONS AND ARM BALANCES
FRENCH/ENGLISH



TO RESERVE PLEASE EMAIL: CONTACT@ASHTANGA-YOGA-LAUSANNE.COM
FOR MORE INFO SEE: WWW.ASHTANGA-YOGA-LAUSANNE.COM
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