

BE HOT YOGA PRESENTS: A WEEKEND WITH ROB HESS AN ENERGETIC VINYASA

MAY 19TH

12PM-1:30PM POWER OF FLO
(OPEN CLASS)

MAY 19TH

2-5 PM THE ART OF SEQUENCING
(FOR TEACHERS OR WHOEVER WANTS TO DEEPEN
THEIR PRACTICE AND UNDERSTANDING.)

MAY 20TH

THE PRANIC SOUL 10AM-12PM

MORE DETAILS AT BEHOT.COM

