

3 hour Intensive

with Lauren Davis

First Saturday of Every Month

1-4pm

\$25 Members \$30 Non-Members



Have you ever felt that sometimes in classes you are just getting warmed up and it's over?

3 hours gives you plenty of time to slow things down and explore more in all aspects of your practice.

Long warm ups

Breaking down poses

Fun vinyasa sequences

Inversions

Pranayama (breath work)

Meditation

Long Savasana (relaxation)

This is a great time to work on some challenging poses and spending more time warming up to them and finding different interesting ways to approach your practice. At the end of each class we will do a long deep relaxation (Savasana).

All Levels Welcome

Each class will be a different theme like, Yin/Yang/Restorative, Twisting, Arm balancing, Backbends, Forward Bends, Inversions, Breath and Meditation, Standing Poses and Balancings.

Lauren Davis has been teaching yoga for almost 20 years. She has a way of taking care of you and challenging you at the same time.

island wave yoga

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