



# FROM THE GROUND UP

2 hour Master-Class

Joey Myers

A safe, inclusive, friendly setting to improve and understand our Posture and Alignment.

This session is completely dedicated to peeling it right back to the discovery of Bhandas (energy locks) Along with Yogic Breath technique and filled with tricks and tips to establish lifelong foundations to support your practice.

- You will build confidence, strength, stability
- Become calmer and more relaxed
- Meet other like minded friends

Joey is the founder of UpDog Yoga. His compassionate approach with beginners facilitates for the deep understanding of this ancient path. Joey's passion is to present this system in a non-dogmatic approach as a way of empowering and enriching the lives of others.

2 Date options

WED 11 SEP 6.45PM or

SAT 14 SEP 9AM

\$40 or \$50 NON MEMBER

**UpDog**  
YOGA