



BLOCK

party

WITH NOELLE CONNOLLY

Rock out with your blocks out in this advanced yoga masterclass. Learn jump-throughs in Sun Salutations, play with your limits in arm balances and explore fun inversion transitions in this creative sequence.



SURRY HILLS 9 JULY | 1:30PM-3:30PM



**MEMBERS: FREE | NON MEMBERS: \$55
INTERMEDIATE - ADVANCED STUDENTS**



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Book your spot at bodymindlife.com/workshops