



Learning to Fly: Arm Balances

(Part 1)

Sunday, March 13, 2016 1-3 pm • \$30

Sign up: <http://melthotfitness.com/schedule>

Call (614) 306-9123 for more information

Limited space available

Learn to fly with Melt Yoga Instructor Nina Hunt as she breaks down arm balances into fun, easy steps! We will explore 8 angle pose, crow, and variations of crow, beginning with the basics. Come prepared for core work, hip openers, and strengthening the upper body in order to build the foundation for strong arm balances. For beginners to advanced yogis - build your confidence, have fun, and be ready for some breakthroughs!

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YOGA & FITNESS

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