

# FREE YOGA WORKSHOP

Saturday October 14th 9:30-11:30 am

## Rock Solid Wellness Studio

1332 Columbia Ave East, Battle Creek MI 49014

New to yoga or want to deepen your practice?

[Yoga Asana 101](#) - learn the basics of yoga class

Topics covered in the workshop:

- ☐ Yoga vs Stretching
- ☐ Mind-Body Connection
- ☐ Common yoga postures & progressions
- ☐ Use of supporting props
- ☐ Breathing techniques
- ☐ Common misalignment
- ☐ Short yoga flow to integrate what you've learned!

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### MEET YOUR INSTRUCTOR

LIFE-LONG HEALTH & WELLNESS  
ENTHUSIAST WITH A PASSION FOR  
MOVEMENT, MINDFULNESS AND THE  
ANCIENT WAYS OF LIFE. LUCAS IS  
200HR YOGA TRAINED, 100HR  
MEDITATION TRAINED AND HOLDS  
CERTIFICATIONS IN HOLISTIC  
NUTRITION & LONGEVITY WELLNESS.

**Lucas Hale**



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