



Fall Equinox Yoga Workshop

Sunday, September 22 | 11:30am-12:30pm

Celebrate the equilibrium of the Fall Equinox with instructor J.T. Quon -- and find balance within and around you!

- The sequences in this workshop are designed to help participants align with the natural rhythms of the season, promoting harmony and grounding as we transition from summer to autumn.
- The workshop includes a mix of standing, seated, and restorative poses along with breathwork and reflection and is suitable for all levels, from beginners to experienced practitioners.

Modifications will be offered to ensure everyone can participate comfortably. Reserve your spot today and embrace the harmony of the season.

Members 15+ Only | \$25 | Registration Required | Mind Body Studio

*Register through the mobile app, online, or by calling the front desk at 734-665-3738, ext. 110.
There will be a \$25 cancellation fee for canceling within 24 hours of the workshop.*

