



JOIN NICOLE LANDRUS  
FOR HER IMMERSIVE:  
**FORREST  
YOGA  
WEEKEND!**

Friday, April 22 6pm-8pm:

Friday will introduce you to the WHY behind Forrest Yoga and introduce you to the alignment of basic postures.

Saturday, April 23 10:30am-12:30pm

Saturday morning is for getting upside-down with handstands and arm balances!

Saturday, April 23 6pm-8pm

Saturday night is for your neck, shoulders, and hips. Feeling into these trigger areas so you can let go of what your body is holding onto.

Sunday, April 24 4:30pm-6:30pm

Sunday is a restorative class with a chakra meditation on a life decision.

PRICING OPTIONS:

**\$99 FOR ALL 4 CLASSES or \$30 DROP-INS**