

HANDBALANCING FROM THE HEART



A WORKSHOP WITH JORDAN MALLAH AND KAY KAY CLIVIO

Surf the air with style & grace while making arm balances playful, smooth, & fun. This inspiring workshop will lead you through a specific sequence of postures targeted to open the upper body and shoulders while strengthening the core. Journey into the deep places of balance in your heart and on your hands!

Open to all levels.
\$60, members \$50

1.31.2010
12:00PM–2:00PM

For more information please visit the Front Desk or call 212.360.1888