

Would you like to link breath and movement seamlessly?
Are you unsure what it means to “take a vinyasa”?
Could your asana transitions use a bit of polish?

SUN SALUTATION CLINIC

Saturday, March 3, 1:00-2:30 pm



ALL LEVELS WELCOME—whether it’s your first Sun Salute or your 500th!
\$15 • no advance sign-up necessary

Explore Sun Salutations A, B, and C with **Katharine Mason, RYT**
at Whole Yoga Healthcare in Odenton

*These classic series form the basis for vinyasa, or flow, classes,
and they are a complete mini yoga practice all on their own!*



FOR MORE INFORMATION: 410.305.1331 • www.WholeYoga.net • masonklc@gmail.com