



Popup Series

featuring
Dr. Sheetal Ajmani



SPRING EQUINOX YOGA FLOW



Join Dr. Sheetal Ajmani for a pop-up yoga class that celebrates the arrival of spring and taps into the energy of the Spring Equinox. Guided by Ayurvedic principles, this session focuses on balancing the elements of Earth and Water with a dynamic yoga flow and heart-opening poses, encouraging you to embrace the abundant gifts that spring has in store. This practice will leave you feeling energized, open-hearted, and ready to give and receive the positive energy of the season.

All abilities and bodies welcome!

WHERE: COASTAL PILATES AND YOGA
WHEN: TUESDAY, MARCH 19, 2024
TIME: 9:00 - 10:00 AM
COST: \$25
(PRE-REGISTRATION REQUIRED)
BRING: YOURSELF!

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Sign up at:



(www.coastalpilatesandyoga.com/events)