

# ~ Lower Body Blast ~

Strengthen, Tone, & Fire Up with

Yoga & Pilates Core Work



## Lower Body Blast

A mini-workshop of 2 hours, focused on the lower body – legs and glutes, with the obligatory Pilates core workout ☺.

Energizing and refreshing, this will wake up and fire up your legs and glutes on a whole new level!

Starting with a strong and grounding Yoga flow, we move onto Pilates with focus on legs, glutes and some abdominals. We end with restorative yoga to allow you to release tightness and tension.

## Location & Practical Info

**What to bring:** yoga/pilates mat, pillow (if you want something to sit on).

**Suitability:** The class is suitable for all levels. Please advise of any injuries beforehand.

**Time :** 9.30 – 11.30

**Date :** Sunday, 22 April

**Location :** Kass-Haff (next to Naturata), 187 A Rue de Luxembourg, 7540 Rollingen (15 minutes north of Auchan Kirchberg). Free parking

**Price:** 40€

**Price Early Bird:** 35€ (payment *received* 2 weeks before class)

**How to sign up:** To reserve your place, you can bring a 10€ deposit or full payment directly to one of our Yoga or Pilates classes.

**Questions:** [axinja@gmail.com](mailto:axinja@gmail.com), 691 66 66 59, <http://www.yogashanti.lu>

