



## EXPLORING BACKBENDS WITH JENNIFER BROWN Special Class

In this warm class we will discuss and practice Full Backbend and variations.

This class is geared towards students who have a strong practice and are looking to expand it.

We'll begin by warming the body with Sun Salutations and the preparatory postures needed to build up towards our backbends.

Hands on assists will be offered.

December 18, 2011

9:30 – 10:45 am

Class Pass and Drop In Fee  
Apply



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