

**Connect – Trust – Fly**

**FEB 7TH**

**2-4pm**

**CrossFit  
Solace**

**38 E. 32<sup>nd</sup> St.  
212.684.2689**



# ACRO YOGA

## FUNdamentals Workshop

Join movement teachers Mike Aidala and Lauren Taus in a workshop where freestyle meets yoga and acrobatics. You will build skills in alignment, core strength, balance, trust and teamwork in a place of support, surrender, community and play.

Sign up online or call Crossfit Solace today to reserve your spot!

Cost 35\$ until Jan 31, \$40 from Feb 1

\*Beginners workshop, no partner necessary

#MALTyoga