

Pursuing Your Passions

Sunday,
February 26th
2 - 4 pm
\$35

with Arella Axelrod



Pursue your passions with focus, energy, and intention and watch your dreams come to life! Arella will share with you practical ways to focus on what gives your life purpose and what is most meaningful to you. Then move your body to an inspiring Vinyasa flow and increase your energy level and concentration to prepare your mind, body, and soul to take action and start to more fully live your passions.

(30 minute lecture, 90 minute yoga class)

To register, visit us online at ahayogasf.com or
stop by and register at the desk!