

TRX YOGA WORKSHOP

Experience
Poses +
Cross Training



Using TRX suspension straps for yoga poses, from the simple to the more advanced, makes them more accessible, engaging and fun. You can eliminate the fear of falling, boost essential core strength and guide the body towards optimal alignment!

In this 90-minute workshop with Melanie, you will:

- » Become comfortable with using the TRX suspension trainer.
- » Feel safe to explore new poses.
- » Experience deeper stretches.
- » Hone body awareness and engagement in familiar yoga shapes.

Members \$20 | Non-members \$35

Sign up online or at the front desk.

FOR MORE INFORMATION: Contact Carla Zedicher | 402.413.4012 | czedicher@madonna.org