

A woman with long brown hair, wearing a white tank top and black leggings, is performing a yoga pose on a concrete ledge. She is balancing on her right foot, with her left leg extended horizontally. Her right arm is raised and bent at the elbow, with her hand near her head. Her left arm is extended downwards. The background shows a cityscape with many buildings and a hazy sky.

APPRENTICE CLASS | ESSEINTRICS.COM

ESSEINTRICS[®]

• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •

EVERY MONDAY
10:15 TO 11:15 AM

WITH JASMINE WORRELL
AT BODY VIBE STUDIO IN SAN RAFAEL

jasmineworrelldance.com