



# FOUNDATION WORKSHOP

with Joëlle Sleebos

**Saturday 16 September 2017**

**11am – 1pm (all levels)**

**Yoga Zuid , Antwerp**

**Cost: € 40,-**

- Basics and progression of yoga poses
- Questions & Answers
- Yoga Techniques
- Yoga Alignment
- Yoga Safety



Book: [yogazuid1@gmail.com](mailto:yogazuid1@gmail.com)

[www.yogazuid.be](http://www.yogazuid.be) / [www.joellesleebos.com](http://www.joellesleebos.com)