

# Woga® 1 - 2

with Gianni De Stefani

June 23-24, La Center WA



## WHITE STONE INSTITUTE

June 23, 2018

June 24, 2018

14000 NE 371st  
La Center, WA 98629  
10 - 5 PM  
Cost:

WOGA is based on yoga poses and stretches modified for warm water. It includes Asanas, Pranayama, and meditation.

Water gives ease to the yoga postures, unblocks and melts holding patterns in the body.

WABA proved Ceu class  
No prerequisites required

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