



**YOGIS & YOGINIS**

# **Be Prepared: Asana & Breathwork**

**Saturday, December 16 - 4:00 to 5:15 PM**

**Cost: Class card or Regular class fee: \$23 in-Studio - \$ 15 Online**

*(Registration opens one week before)*

In this 75-minute class we will prepare with asana so that you stay pliant, breathwork so that you stay alert and retentions so that you can be capacious, reflective and multi-dimensional.

**About the Teacher:**

**OLIVIA FALCON**

Olivia is based in NYC and primarily teaches Katonah Yoga. Currently, her teachings have circled back to the basics and include mostly Hatha, breathwork and movement that is accessible for as many bodies as possible. Olivia completed her certification with Sky Ting Yoga in 2018, which is when she began working with the Katonah material. In 2020 she began to work more closely with her mentor and Katonah Yoga founder Nevine Michaan.