



**PURE**  
HOT YOGA

# Aligned & Inspired

Workshop with Jessica

**May 26th** | **3:00pm - 5:00pm**

**\$15** (30 day challengers) **\$30** (Regular Price)

When integration and harmony occur in the body, strength and stability are the result. Creating a firm foundation for your practice not only keeps you safe and sustainable but it allows you to enjoy more freedom, positive energy flow and joy in your yoga.

Come learn functional knowledge and tools to sustain you as you move, breathe and grow throughout this 30 day challenge and beyond.

[Purehotyoga.ca](http://Purehotyoga.ca)

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