



WITH PAULINA UNDERWOOD

**POWER YOGA FOR RUNNERS
GIVES SPECIAL FOCUS ON
HAMSTRINGS, HIPS, CORE
STRENGTH AND BREATHING.**

**IN THIS WORKSHOP, YOU WILL
ENCOURAGE IMPROVEMENT OF
FLEXIBILITY, BALANCE &
POSTURE, ENDURANCE, TONE
AND MENTAL FOCUS IN A FUN
AND INVIGORATING WAY!!**

**SUNDAY, MARCH 25TH
12PM – 2PM
\$20**

**5 BORO POWER YOGA
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718.667.5279**

WWW.5BOROPOWERYOGA.COM