

2023 NEW YEAR'S DAY INTENTION FLOW



Join Chinatsu Kambayashi
January 1, 2023 10 AM

Please sign up before Dec. 15 for \$10 off

\$25 Members

\$35 Non-Members

Come join Chinatsu in honoring ourselves and setting intentions for 2023. Traditionally, January 1st represents a time for renewal. New Year's day we fill up with powerful and pure intentions for the new year cycle.

Here's what to expect:

Breath work

Set intentions

Yin Pose

Vinyasa Flow

Playtime with or without Inversions

Meditation

Hot tea and cookies in our 423 Yoga lounge after our practice.

Bring your family and friends.

Visit us online www.423Yoga.com.com
423 South Pacific Coast Hwy. Redondo Beach, CA 90254
Info@423YOGA.com



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