

There's nothing like
A LITTLE MARTIAL ARTS-INFUSED YOGA



BUDOKON YOGA SERIES

Instructor: Tara Goike

Four-week series Sundays from 11am-1pm
January 18 and 25 | February 1 and 8

Tara will be teaching a two-hour Budokon Yoga class infusing yoga with martial arts. This workshop is sure to get your heart racing and will give your yoga practice a new dimension.

ENTIRE SERIES

Members: \$65

Non-Members: \$80

SINGLE CLASS

Members: \$20

Non-Members: \$25

Aria

athletic club & spa
VAIL CASCADE

AriaClub.com

970.476.7400