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## Yoga Adventure

\$22.00



## Description

Luma presents an innovative power vinyasa yoga class for intermediate and advanced practitioners. The video allows you to pace yourself, but more intense work yields longer rest. This class is great for more advanced

students looking to learn proper alignment in their yoga practice.

- Includes a breakdown of 12 different postures.
- Chataranga Dandasana and prayer twist.
- Challenging posture (side crow).
- 55 minutes of movement.

## Additional Information

<b>Format</b>	Download
<b>Activity</b>	Yoga, Athletic