

With Michèle

and Lara



Sunday
8 MARCH
2 to 4 pm



FLOW ————— INTO
ARMBALANCES

DISCOVER THE FOUNDATIONS OF ARM BALANCING.
IMPROVE TECHNIQUE, STRENGTHEN YOUR CORE, AND
EXPLORE NEW POSES WITH CURIOSITY AND PLAYFULNESS
THROUGHOUT YOUR PRACTICE

50.- REGULAR
45.- NIYAMA UNLIMITED ABO
40.- STUDENTS

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