

the
BODY
ELECTRIC
YOGA & ATHLETIC
COMPANIES

YOGA/BEATS 9:45-10:15am Saturday, November 12 Athlete Village Stage

YOGA/BEATS IS A KILLER HYBRID, STARTING WITH POWER VINYASA BEFORE SWITCHING GEARS TO OUR MUSIC-BASED, BODYWEIGHT WORKOUT. YOU WILL HAVE FUN AND YOU WILL SWEAT! WE WIND DOWN WITH YOGA STRETCHING AND, OF COURSE, SAVASANA TO SEND YOU ON YOUR WAY WITH YOUR HEAD AND BODY RIGHT