

Fusion Core Partner Yoga

Graceful Power - Dynamic Fitness

PRACTICE YOGA is excited to offer you this great innovative class with one of the most cutting-edge healing fitness systems today. Taught by Thai Vinyasa & Fusion Core Yoga founder, Anton Simper.



A revolutionary & enjoyable interaction of movement & stillness. Thai-inspired stretching and Chinese Yoga based Energy Matrix. Everyone can discover Universal Core Power Harmony Experience Excellence in Wellness for yourself and loved ones.



Friday, November 20th, 6:30 - 8:00 pm \$20



PRACTICE
YOGA

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Breath, Stretch and Be Well.

Visit www.FusionCoreYoga.com to review our Thai Vinyasa program & podcast