



**2 hours + flow yoga + hip hop music = downDAWG yoga Workshop FUN!**

**DEFINITION:** downDAWG yoga (DDY) is a ground breaking fusion of Classic vinyasa yoga practice, high energy and current hip hop music. This class is busting down barriers and captivating yogis and fitness gurus across North America.

We offer the chance to get in to your favorite yoga flow sequences, get your heart rate pumping while rocking to electric beats all class long.

No dance or yoga experience necessary. The music melds in with the moves, and the moves are in tune with your breath, giving participants the ultimate fun and funky workout.

**INTENTION:** DDY is offering a *2 hour workshop* to share some moves and grooves with current DDY instructors and also give fitness and yoga instructors interested in checking out the format a chance to see what it's all about!

**WHERE:** Lifeline Fitness (located within Sun Life Financial)  
227 King Street South.  
Waterloo, ON N2J 4C5

**WHEN:** Sunday, September 14<sup>th</sup> 2014  
9:30 AM- 11:30 AM

**COST:** \$35.00 +HST

**PRE-REQUISITES:** There are no prerequisites for this workshop.

**LEARN MORE & REGISTER @ [www.downdawgyoga.com](http://www.downdawgyoga.com)**

