

# ELEVATE

AN ARM BALANCE  
WORKSHOP

SUNDAY  
15. JUIN

HERSTREET

SUIVI D'UN  
BRUNCH  
(OPTIONAL)

RUE DES PIERRES DU NITON 6

10:30

12:00

A TABLE CHEZ  
ANOU

WWW.YOGA-WITH-LUCINDA.COM

# ELEVATE

## AN ARM BALANCE WORKSHOP

**SUNDAY JUNE  
15TH  
10:30 ~12:00**

**HERSTREET  
RUE DES PIERRES DU NITON 6  
GENEVA**

**ARM BALANCES AREN'T JUST FOR  
ADVANCED YOGIS—THEY'RE FOR  
ANYONE WILLING TO EXPLORE.**

**IN THIS WORKSHOP, WE'LL BREAK  
DOWN TECHNIQUE, BUILD STRENGTH,  
AND UNLOCK THE JOY OF FLIGHT.  
WITH SMART CUES AND PLAYFUL PREP,  
YOU'LL DISCOVER JUST HOW LIGHT YOU  
CAN FEEL.**

**IT'S TIME TO ELEVATE.**

**WORKSHOP  
CHF 50**

**WORKSHOP & BRUNCH  
CHF 80**

**AND IF YOU'RE HUNGRY  
FOR MORE—STAY FOR A  
SOUL-NOURISHING,  
PLANT-BASED BRUNCH  
CURATED BY THE  
BRILLIANT  
CHEF ANOU.**

**A FEAST FOR ALL  
SENSES!**

**12:15 ~14:30**

**À TABLE CHEZ ANOU  
RUE DES PIERRES DU  
NITON 6**

**INSCRIPTION:**

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