



YogaFit Master-Class (Advanced Beginner Level): By Tracy Jennings-Hill

This is an Advanced Beginner Yoga class consisting of classic sequences which include our Yogafit Standard Standing warmup, Sun salutations, Warrior flows, Triangle flows, Balance poses and numerous prone, supine, hip openers and twisting postures with help advance the basic yoga practitioner.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	1*

*** Only if taken with the “YogaFit Level 1 Certification Course”.
Classes alone do not offer any CEUs.**