



YogaFit® Master-Class (Mixed Level): By Tracy Jennings-Hill

This is a Mixed Level Yoga class consisting of classic sequences which include our Yogafit Standard Standing warm-up, Sun salutations, Warrior flows, Balance poses and an array of prone, supine, hip openers, and twisting postures finishing with a soothing relaxation.

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.**