



## Yoga & Pilates Fusion: Master-Class By Karim Strougo

The Ultimate Mind & Body workout!

Combine the strength and flexibility of Ashtanga Yoga with the core-strength of Pilates and a zest of Hatha Yoga to experience a journey within the endless possibilities of the realm of the human body and what it can do when it is in sync with the mind and the soul!

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

**\* Only if taken with the “Biomechanics of Yoga and Pilates” workshop.  
Classes alone do not offer any CEUs.**