

YOGA FOR ATHLETES WORKSHOP

WITH JORDAN BURKHARDT



Elevate your training with a dynamic approach to yoga designed to enhance strength, mobility, and recovery for athletes.

SUNDAY, MARCH 30TH
11AM-12:30PM
COST: \$20

Yoga postures offers immense benefits for athletes of all disciplines—whether you're a runner, weightlifter, CrossFit enthusiast, or HIIT devotee. No matter your training style, incorporating yoga into your routine can enhance breath control, improve flexibility, and accelerate muscle recovery, helping you perform at your peak.