

EVENT RECAP

EVENT DETAILS

Yoga to Trust Your Gut



August 17, 2024
Virtual Yoga Class



18 Attendees
Virtual



Emily Kiefer Yoga
Virtual



EVENT SUMMARY

The "Trust Your Gut" yoga session took place on Saturday morning, setting a positive tone for the weekend.

This all-levels class incorporated flowing postures and breath work to invigorate internal organs and strengthen the connection with your gut, enhancing overall body performance. It also supported lymphatic and digestive health.

The virtual format allowed for guests to join from throughout the US and Europe.

Testimonial

"Emily did a great job. It was for all levels and easy to follow. I felt rejuvenated after the class."

Kathleen Keller