



Private Gemstone Yoga Workshop + 3 Month Membership



LOVE +
ASANA
VIRTUAL WELLNESS STUDIO

Starting Bid **\$75.00**

Retail Value \$280.00

1 Available

Donated by Love + Asana

In this private virtual workshop, learn which gemstones support the low back and Psoas muscle, then enjoy a guided experience using your specially curated gemstone set (sent to you ahead of time). Practice gentle stretches to release your low back and breathing techniques to reduce low back and pelvic pain. Gain insight into using your gemstones on and off the mat. End with a deeply relaxing gemstone meditation that leaves you feeling fully restored! Includes one 45-minute live, guided workshop on Zoom for one person and a gemstone set to use in the session. Led by Erin, Love + Asana Yoga Coach, E-RYT, and Master of Crystalogy.