

WORKSHOPS AT THE CROSSING
145 ACRES OF INSPIRATION



**Yoga Adventure
March 22 -25, 2019**

The Crossing at Ghost River

**Hosted by: One Down Dog
www.onedowndog.com**

LED BY – KATHERINE BRADSHAW AND LAURA JENKINS

One Down Dog is a female-owned yoga studio & inclusive community space, where awesome people can come together, have fun, and create even more awesomeness. With 3 locations on LA's eastside, there are tons of opportunities to get down!

We believe that life is meant to be enjoyed. We don't take ourselves too seriously and hope that you won't either. We deal with our shit on the mat so that we can handle it better off. We love music (and play lots of it), moving, laughing, dancing and getting a legit schvitz (that's yiddish for sweat). We offer unique, upbeat, feel good yoga classes. We are committed to creating a welcoming and accepting place for all to come together and connect both on the mat and off. Enjoy the coolest yoga Silverlake, Eagle Rock and Echo Park have to offer.

