

The Sports Club/LA presents

# Natasha Rizopoulos

Align Your Flow



Three Master Classes to help you take  
your practice to the next level:

Fearless Upside Down: Demystifying  
headstand and shoulderstand

Friday, January 6th

1:00 – 3:00pm

Second Floor, Fire Studio

The Art of Teaching and Practicing Backbends  
(for teachers and inquisitive students)

Friday, February 3rd

1:00 – 3:00pm

Second Floor, Fire Studio

Take Flight: Arm Balances

Friday, March 2nd

1:00 – 3:00pm

Second Floor, Fire Studio

Members: \$20  
non-members: \$25



Learn more about Natasha and each of these Master Class offerings by scanning the QR code above. Please contact Jessica Lopez at [jlopez@mp-sportsclub.com](mailto:jlopez@mp-sportsclub.com) or 617.375.8623 to register.