

Antigym Discovery class

45 € HT

Saturday 15 October 2022
from 4:00 p.m to 5:30 p.m

This **Antigym® discovery class** will help you understand, inhabit, and free your body. It offers you an opportunity to explore new territories, to discover new possibilities of movement, to awaken new parts of your body.



Language : English

Duration: From 4:00 p.m to 5:30 p.m.

Cost : 47,25 £ (54€)

Location : London E34RT

Mile End (Central line)

This workshop is designed:

For everybody who wants to experience Antigym and its powerful effects on posture, flexibility, and tension release.

For people interested by becoming a practitioner.

Recommended attire

Comfortable pants and top, preferably made of natural fibers (cotton, wool, etc.). The feet are bare. It is recommended that you remove jewelry, watches, glasses, contact lenses, and anything that prevents freedom of movement.