

**Format:** Yoga Sculpt conditioning comprising yoga flowing, leg and arm strengthening, core isolation, cardio, stretching, and concluded with meditation/savasana. Body weight class (no dumbbells needed). High intensity workout.

**Bring:** Yoga mat, towel, water, sunscreen, layers of clothing

**Contact:** Keith van der Walde  
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858.692.7433

**Cost: Free!**

Living a life of excellence, where we seek out and lay hold of our calling, is an energetic path to which we must recommit, over and over again. What are the things most important to you and to which you are committed? Do you regularly give yourself time to refocus and course-correct? Do you make time to celebrate all that you have accomplished and sharpen your vision for all that lies ahead? At Sculptblast, we do exactly this; through music, movement, and breath we purposefully realign with building the lives we desire.

### ***INSTRUCTOR***

Keith teaches Yoga Sculpt at San Diego State University and has done so for over 4 years. He previously taught at UCSD and completed CorePower Yoga Sculpt Teacher Training, Teacher Training Extensions, and a Yoga Sculpt internship,



*"I want to remind you of how amazing you are. This world can tear you down; I want to build you up, to celebrate you, to invite you into movements and levels of exertion that may seem unattainable, but that leave you feeling like anything is possible."*