



# THERAPEUTIC CLASSES

with **Naime Jezzeny**

Thursdays: Mar 18 - April 8th, 2010

Therapeutic Classes		11 am - 1 pm
MAR 18	NECK, SHOULDERS, UPPER BACK	
MAR 25	ELBOWS, WRISTS, SHOULDERS	
APR 1	LOWER BACK, HIPS	
APR 8	HAMSTRINGS, KNEES, FEET	

Join Naime for this special 4 week series of therapeutic practices -- each specifically focused and sequenced to prevent injury and/or heal that area of the body.

Naime will teach therapeutic alignment principles and anatomy throughout the yoga classes, making each session informative and accessible for all levels. The four part series is designed to offer students a complete 'picture' of optimal health in the body and practices to go with it.

You don't have to be injured to benefit from this valuable information. Drop-ins are welcome to individual classes.

Note- (these classes are designed to build upon the previous therapeutic series-- however, attendance in the prior series is not a prerequisite.)

ALL LEVELS WELCOME. Preregistration suggested!

<b>Price</b>	
Therapeutics Series \$80	Single classes \$25

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