

Prevent injury and learn how to heal!



EVERYDAY THERAPEUTICS

with **Naime Jezzeny**

Thursdays: Jan 21- Mar 11, 2010

Therapeutics Part I 11 am - 1 pm

JAN 21	NECK, SHOULDERS, UPPER BACK
JAN 28	ELBOWS, WRISTS, SHOULDERS
FEB 4	LOWER BACK, HIPS
FEB 11	HAMSTRINGS, KNEES, FEET

Part 1 is designed to offer students a complete 'picture' of optimal health in the body. Throughout the four classes, Naime will teach specific poses and alignment principles that will help students heal or prevent injury. No yoga experience needed. All levels welcome. Drop ins welcome.

Therapeutics Part II 11 am - 1 pm

FEB 18	NECK, SHOULDERS, UPPER BACK
FEB 25	ELBOWS, WRISTS, SHOULDERS
MAR 4	LOWER BACK, HIPS
MAR 11	HAMSTRINGS, KNEES, FEET

Part 2 will help strengthen students' understanding of yoga therapeutics by offering more training in anatomy and injury prevention.

Price

Therapeutics Part 1 \$80
Therapeutics Part 2 \$80

Single classes \$25
Both Parts \$145 by Jan 21

540 Union Square
New Hope, PA 18938
www.yogaphoria.com

