

EMBODIED
SELF CARE

MASTER
CLASS SERIES



EMBODIED SELF CARE

WHAT IS IT?

{CLICK LINK TO LEARN MORE}

*This Comprehensive
Holistic Yoga Fitness*

*Program Is Designed For
Those Seeking
Immediate Solutions
To Chronic Pain
So Overall Fitness Activities
Can Be Greatly Enhanced*

*I Promise
A Therapeutic Approach That
Seamlessly Integrates &
Improves Your Favorite
Movement Style(s)*

*My Guiding Principle Is
Build From The Parts Of The
Body That Need The Most
Support & Allow Overall
Improvements To Happen
Immediately*

*One Of My Most Important
Measures Of Success Is
The Amount Of Time Spent
Conditioning The Body While
Simultaneously Stimulating
The Relaxation Response*

***WHEN ARE THE
EMBODIED SELF CARE
MASTER CLASSES HELD
THIS MONTH?***

Monday's

November 7th

November 14th

November 21st

5:00pm

&

7:00pm

WHERE IS IT?

We Will Meet

***AT MY PRIVATE
BOUTIQUE STUDIOS***

Located 226 East 89th St

1st Floor Suite #1

(Upper Eastside Manhattan

Between 2nd & 3rd Ave)

*The Private Master Classes
Will Run 75 Minutes & I am*

*Happy To Provide Mats & All
Relevant Equipment.*