

STRONG
&
PRECISE

MASTER CLASS
SERIES



STRONG & PRECISE

WHAT IS IT?

{CLICK LINK TO LEARN MORE}

This Comprehensive

Elite Yoga Fitness

*Program Is Designed For
Those Who Want To Know The
Finer Details Of Skillful
Movement*

*I Promise
A Comprehensive Approach
Towards Developing Your
Body & Mind*

*My Guiding Principle Is
Move Towards*

*Failure In A
Scientific Fashion
While Conditioning The
Body & Mind To Adapt”*

*One Of My Most Important
Measures Of Success Is
Regulating The Nervous
System While
Increasing Productivity*

***WHEN ARE THE STRONG
& PRECISE MASTER
CLASSES HELD THIS
MONTH?***

Wednesday's

November 9th

November 16th

November 30th

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.*