



Twisters
Wellness Centers



Yoga for YOUR Body
Workshop Series
For Yoga Students
Experiencing Pain During
or After Their Practice

Session 1: Saturday, Jan. 23rd
Neck, Shoulder & Upper Spine Pain

Session 2: Saturday, Feb. 20th
Hip, Pelvis, or Lower Spine pain

Session 3: Saturday, Mar. 13th
Ways to Expand Your Practice

Yoga for YOUR Body
Workshop Series

With Robin Zappin & Stacey Skilton-Pitz

Location: Ambler Center

Dates: Jan. 23, Feb. 20 & Mar. 13

Day: Saturdays

Time: 1:00-3:00 PM **OR** 3:30-5:30 PM

Series: 3 Workshop Sessions

Name _____ Date of Birth ____/____/____

Address _____

City _____ State ____ Zip _____

Home Phone (_____) _____ E-mail Address _____

Please make checks payable to **Twisters Wellness Centers** and return this registration and payment to the studio or by mail attention to Tricia Fleming: 522 Wyndmoor Avenue, Wyndmoor, PA 19038. Space is limited, so please register early.

Please Check Your Session(s)/Time Slot(s)	Time Slot #1 (1:00-3:00 PM)	Time Slot #2 (3:30-5:30 PM)
Session 1 (1/23)	_____	_____
Session 2 (2/20)	_____	_____
Session 3 (3/13)	_____	_____

(NOTE: Session 3 can only be attended by students who went to Session 1 and/or Session 2.)

Series Cost: \$90.00 for Entire (3) Workshop Series

Single Session: \$35.00 Each Individual Workshop

Payment Total \$ _____ Cash Check Credit (Circle One)

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