



TOUCHPOINT PHYSICAL THERAPY

Feel good again

Yoga

Breath, Bondas, and Beyond

with

Karen Gomez, CYT

At

Touchpoint Physical Therapy

www.touchpointpt.com

741 Boston Post Road, 2nd floor, Madison, CT

Saturday, March 27, 2010

9:00 - 11:30

\$30 Register by 3/1/2010

Join Karen for a morning of Yoga Chikitsa (yoga therapy). The focus of the workshop will be on the fundamental principles of yoga, combined with the awakening of the body's energy centers (chakras). She will guide students through a session of gentle yoga emphasizing proper alignment, Ujjayi breathing, and awareness of the chakra energy centers. A fine blend of postures, breathing, and meditation techniques will leave you satisfied with an awareness of the mind, body, and spirit and a total sense of well being.

Please bring a yoga mat, water, and towel.

Great for beginners!

Register Today!

203-245-7766

