

Teaching & Practicing Therapeutically

designed for teachers, health/wellness professionals, and dedicated students

January 27 - 29, 2012
Jacksonville, FL

Friday, January 27 6:30 - 8:30 p.m.
Yoga as Therapy

Saturday, January 28 Noon - 5 p.m.
Yoga Pole & Structural Integration

Sunday, January 29 9 a.m. - 3 p.m.
Liquid Osteopathy: The Visceral Body



Jenny Otto, E-RYT@500
Certified Anusara@
KMI Certified@ Structural Integrator
Founder & Director, Body Balance Yoga@
www.bodybalanceyoga.com

Sportsplex
450 Atlantic Blvd.
Neptune Beach, FL 32266
Located next to
K-Mart's garden center at
A1A & Atlantic Blvd.
(904) 247 - 5552

Whole Weekend - \$210
Sat. & Sun. Only - \$170
Friday Only - \$40
Saturday Only - \$100
Sunday Only - \$100

Body Balance
Yoga

For a global whole body view, join us to learn therapeutic protocols and techniques that will help you and your students Move Well. Breathe Well. And Be Well. You will learn to see and feel through a new lens that will enable you to understand patterns and map pathways towards resolution. You will learn specific therapeutic techniques that you can implement into your personal practice and your teaching immediately.

Questions? Email Lisa@BodyBalanceYoga.com or call (904) 699 - 2230.
Registration form available at www.LongLisa.com or

www.LearnYogaTherapy.com