

YOGA THERAPY SERIES

WITH CHERIE TUNG PIPKIN



PT, DPT, CYT, AND RYT 300

4 WEEKS FOR \$100

BALANCE TRAINING FOR NEUROMUSCULAR CONTROL
AND PERFORMANCE ENHANCEMENT

JANUARY 9TH - JANUARY 30TH
WEDNESDAYS AT 7:00PM

LOCATED IN STUDIO 4

Increase your balance using yoga poses and physical therapy techniques. Focusing on core muscles. This series will utilize equipment like bosu balls, chairs, gym balls, etc.

SIGN UP AT SERVICE DESK