

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**

NOVEMBER 28TH - DECEMBER 19TH

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