



Bodhi Tree Yoga

presents

Customized Therapeutic Yoga Program

with **Cathy Dasson, ERYT-500**

&

Jennifer Lukomski, RYT-200 & Psychologist

Saturdays, 3:30 - 4:45pm:

January 18, 25

February 1, 8, 15, 22

March 7

Cost: \$160 for 7 sessions *

REGISTRATION DEADLINE:

Wednesday, 1/8

*Space is limited to 10;
advance registration required.*

* After registration, you will receive a Body Map and questionnaire by e-mail with more detailed instructions.

Are you frequently injured, have persistent pain, feeling tight or have sore muscles? Do these limitations interfere with how you want to live your life?

Here at Bodhi Tree, we are offering a new, customized therapeutic yoga program designed to relieve tension and/or pain in your body and mind. By participating in this program, you'll benefit from:

- An individualized movement program that will be progressed over 7 weeks
- An "optional" home practice sequence of stimuli designed for your body
- One on one attention without paying the price of private session fees
- Increased body awareness
- A small group setting

For more information, please visit us at
www.bodhitree-yoga.com