



# Therapeutic Healing Workshop

## THE SHOP *yoga studio*



### Tiffany Wood & David Belz

Present a therapeutic workshop that will empower you to live freely within your body and expand more fully into the joy of life.

Good therapeutics is fundamentally good alignment. Learn the principals and application of incredibly effective therapeutic Anusara® Yoga technology. Help your students and clients heal injuries, find relief from chronic pain, and deepen their well-being. This workshop is a valuable resource for yoga instructors, students, body workers, physical therapist, healers, and anyone seeking to move out of pain and discomfort.

**\$225** by Feb 1. **\$275** after February 1. Individual Sessions: **\$65**

**Friday, Feb 10<sup>th</sup>**

**3:00 pm – 7:00 pm: Hips & Low Back**

**Saturday, Feb 11<sup>th</sup>**

**9:00 am - 10:45 pm: Knees, Ankles & Feet**

**11:00 am - 12:30 pm: Public Therapeutics Class**

**2:30 pm - 5:30 pm: Neck & Shoulders**

**Sunday, Feb 12<sup>th</sup>**

**9:00 am - 1:00 pm: Arms & Hands; Chronic Fatigue, FM, Migraines**

