

Yoga for Scoliosis

Workshop with Tracey Stewart

Sunday 29/09/2019 2pm ~ 5pm

Centennial Yoga Studio

24a Clovelly Rd Randwick

Numbers are limited. Book now

\$55 pre-payment via bank transfer
by Sunday 21st September

Payments to:

BSB: 112 - 879

Acc #: 468 171 008

Name: Living Grace

Please type 'Your Name' &

'Yoga Workshop' in the description box

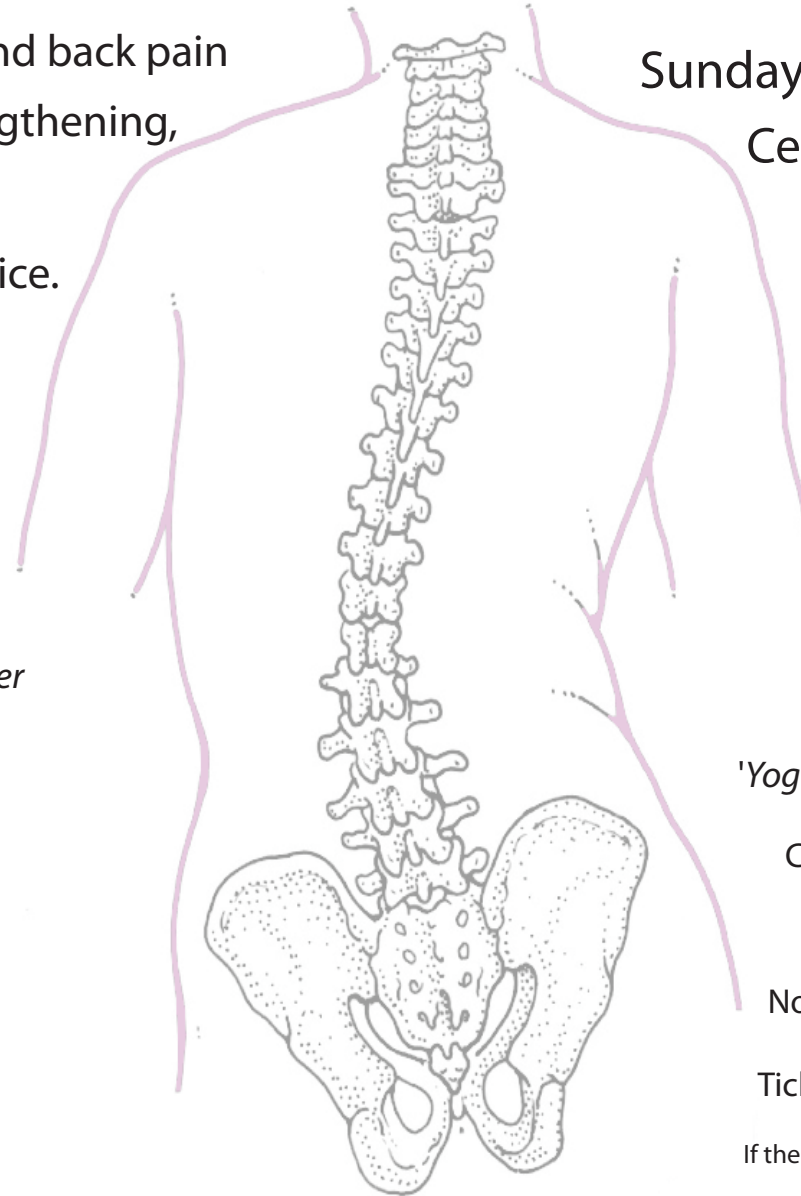
Cancellations before 24th of September

will be refunded less \$5 admin fee.

No cancellations accepted after this date.

Tickets are transferable to another person.

If the Workshop is cancelled you will receive a full refund.



Open to all Yoga students with scoliosis and back pain

The focus will be on simple asanas for lengthening,
strengthening and aligning the spine.

Asanas easily included in daily Yoga Practice.

All Enquiries to Tracey Stewart

Iyengar Certified Yoga Teacher

Graduate Diploma Yoga Therapy

Certified Feldenkrais Practitioner

Email tracey@centennialyoga.com.au

Phone **0417 842 820**

This workshop is not intended as a substitute
for Medical Treatment.

Please provide Tracey with any relevant medical
information or scans.

Empower yourself - improve posture - reduce pain