

# POSTURE, PAIN & PERFORMANCE

AN EGOSCUE-INSPIRED WORKSHOP TO  
HELP RELIEVE ACHES, PAIN, STIFFNESS  
AS WELL AS GENERAL DISCOMFORT  
IN YOUR BODY AND JOINTS

## WHAT YOU WILL LEARN

- Discover the source of your pain and limitations
- How your posture affects strength, balance & flexibility
- Fundamentals of the Egoscue Method to help restore alignment & reduce pain
- Learn tools in the moment to bring relief

**WHEN:** Saturday, Oct. 4th  
9am–11am

**WHERE:** Vitti's Dance Studio  
10 Precision Rd, Danbury, CT

**FEE:** \$40, Walk-ins \$50  
Includes take-home materials  
and expert guidance

**BRING:** Yoga mat, towel, and water  
**Led by CINDY HOPKINSON, MS**  
Certified Postural Alignment Specialist— Egoscue Method

**Register:** <https://www.vittisdancestudio.com>

