

# POSTURE, PAIN & PERFORMANCE

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

**Sunday, January 25<sup>th</sup> 2026**

**11am-1pm**

**Early Bird - \$40**

**Day of - \$50**



- Discover the source of your pain & limitations
- Learn how your posture affects strength, balance & flexibility
- Restore alignment & reduce pain using fundamentals of the Egoscue Method
- Learn tools in the moment to bring relief

**Bring: Yoga mat, towel & water**

**Led by Cindy Hopkinson, MS**

**Certified Postural Alignment Specialist-Egoscue Method**

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

**[www.vittisdancestudio.com](http://www.vittisdancestudio.com)**