

POSTURE, PAIN & PERFORMANCE

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

Sunday, January 25th 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

