

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: Sunday, January 25th

11am - 1pm

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>

