

# POSTURE, PAIN & PERFORMANCE

AN EGOSCU-E-INSPIRED WORKSHOP TO  
HELP RELIEVE ACES, 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>

