



## **IN BALANCE MONTHLY WORKSHOP SERIES**

**PRESENTS:**

### ***“YOGA FOR EVERYONE”!***

Open up your world to the **UNLIMITED** Benefits of **YOGA!** Breath better, Feel Stronger, Stress Less and Sleep Better!



**WHEN: SATURDAY-**

**NOVEMBER 21ST**

**1:00pm-3:30pm**

**WHERE: 1061 S. Sun Drive- Lake Mary(plaza behind Target)**

**WHY? *You have wanted to try YOGA and this is the time to check it out!***

**-Learn from In Balance Teachers Christina Perez, Brian Friedman and Jessica Cichra on the many ways Yoga has improved their lives.**

**Part 1: Start the session with Sun Salutations to warm up the body, then move to standing asanas (postures) to increase your heart rate connecting breath with movement.**

**Part 2: You are FLEXIBLE! Learn techniques that will make you more flexible and learn about the conditions that could be holding you back. Brian will share the methods he's used to bring flexibility to martial artists, marathon runners, and other athletes. Plus- Upper Body Strength: Brian will be teaching step-by-step methods to give you strong shoulders, sculpted arms, and flat abs without special equipment. All you need is some space, some gravity, and your bodyweight.**

**Part 3: De-STRESS PLUS! Jessica will wind down our session with a candlelit, gentle stretch and relaxation that her students in class cant get enough of!!!!**

**\*FEE: \$35 (\$20 can be applied to any class Package prior to workshop)  
(\$45 DAY OF)**

***\*(In honor of VETERANS DAY, all Veterans receive 50% off)***

**Annual Members: FREE (please register now to insure space)**

**407-227-5555 [www.inbalancestudio.net](http://www.inbalancestudio.net)**