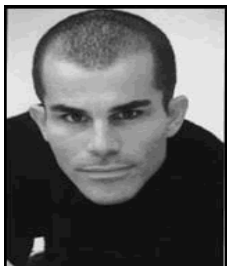


Yoga Should Feel Good: Therapeutics for shoulders and back

This workshop is a must for everyone wanting to live a youthful,
joyous life!

Join guest teacher Naime Jezzeny on
Saturday, March 20th
1:00 — 3:30 pm
\$50

Join Naime as he guides you how to align and strengthen
your back and shoulders in ways that support healing
and prevent injury. Discover the tools necessary to take
your healing into your own hands



NAIME JEZZENY is a nationally-renowned, certified Anusara teacher who is celebrated for a teaching style that is precise, accessible, and light-hearted. He is unique among yoga teachers for his in-depth knowledge of biomechanics and its application to yoga and other movement disciplines. His extensive background includes formal studies in exercise physiology and kinesiology at the University of Southern California. His years of study allow him to take the therapeutic qualities of yoga to another level. Naime has worked rehabilitatively with a wide variety of professionals including Olympic gold medalists, actors, dancers, and business leaders. Regarded as a teachers teacher and a master of therapeutics, he has been teaching therapy workshops and teacher trainings for more than six years throughout the U.S.



1015 Penn Ave / Wyomissing / PA / www.shriyogapa.com / 610.898.0505