



All Levels Workshop
with **Judy Summers Brown**
Certified Yoga Therapist (C-IYAT), Certified Iyengar Teacher (CIYT)
Sunday, February 18, 2018, 11:00 AM - 1:00 PM

Relief for
Neck and Shoulders



The neck and shoulders are two of the most commonly stressed and injured areas of the body. So much of our modern lifestyle - working on computers, driving cars, carrying purses and backpacks, as well as overall tension and poor posture - contributes to stiffness and soreness in these areas. This class will focus on poses that will help keep the neck and shoulders supple, strong, and healthy. Students of all levels and experience are welcome.

Judy is a certified Iyengar yoga teacher and in 2017 was certified as a yoga therapist. She spent several years teaching “Neck and Shoulders” at the Iyengar Institute of Los Angeles. For the past two years she assists in the weekly therapeutics program at IYILA. Judy also has a studio in Westwood California where she has a strong following of students who take group and private classes.

Special early bird discount - \$40 - Register by February 11 - \$45 thereafter.

Judy Brown 2/18/18

Name _____

Email _____

Phone _____

sign up online, in the studio or mail form with check to the studio

Ventura Yoga Studio, 110 N. Olive Street, Studio P Ventura, CA 93001 805-643-5979
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