



Ventura Yoga Studio

Vladimir Jandov!  
Therapeutic Workshop  
Saturday, September 7  
1:00 - 3:00 pm  
\$45 until 9/4 \$50 thereafter

We will be focusing on most  
common problem areas with students:

Lower back, knee pain, shoulders and neck and  
whatever request presents itself during the session..

This will be a hands on session and is recommended for both,  
teachers and students with these problem areas.



**All levels welcome!**