



HAPPY FEET

In this workshop you will learn easy movements which restore the wisdom of your feet improving the quality of movement.

BENEFITS INCLUDE:

- Better posture and balance
- Stand and walk more comfortably
- Flexible and happy feet
- Learn self reflexology
- Improve yoga, tennis, golf and other sports

Call **661-222-7777**
or visit www.yogayogaonline.com

Saturday, July 17th
1:30 pm – 4:30 pm

Yoga Yoga
22421 Walnut Street
Newhall, CA

\$40 early bird – \$50 at the door

Christine Cutbush is a Guild Certified Feldenkrais Practitioner[®], a teacher of Bones For Life[®] and a reflexologist. She is also an experienced yoga teacher trained in many different styles. Christine is one of the originators of AIM-Feldenkrais and Yoga. She brings a wealth of knowledge from over 20 years of helping people of all ages and abilities move more efficiently.