



Stand Tall In 2010

*Find Your
Footing for a
Strong Body*



Join Amy Stephens, RYT, for a unique, fun 2 hour yoga workshop geared to all levels of yoga practice.

Do your feet hurt? Does your back hurt? Do you slouch?
You will learn how you naturally stand and how to stand taller and stronger.
Techniques taught on foot massage, balance and strength.

Saturday, April 10, 2010 2:00 - 4:00 pm Cost is \$25

Location: Life Time Fitness, Scottsdale

Bring your own yoga mat and your clean feet!

Questions: Amy 480-677-0855 / amy72@cox.net

Register: at Member Activities (near the basketball courts)

Class size is limited to 20, Pre-register at Member Activities

RSVP is a must by Friday, April 9 at Noon!

If we do not meet our minimum of 6 people we will need to cancel within 24 hours of the workshop.

Life Time Fitness
6850 East Chauncey Lane
Phoenix, AZ 85054
South of 101 and West of Scottsdale Rd.
off of Mayo Blvd.

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