



WORKSHOP

Road to Joyful Movement

Saturday, October 21
2:00 – 4:00

Cost
\$50.00

This two-hour workshop will focus on two important self-empowering techniques to improve your movement:

Hanna Somatic™ Movement

Yamuna Body Rolling™

During this workshop you will learn how to:

- Reduce mind and body stress
- Reduce inflammation that causes pain
- Reduce fatigue
- Increase energy and vitality
- Increase strength and flexibility
- Increase joy and happiness
- Increase overall health



Led by **Kim Novotny, BPh.Ed**
Co-owner of Pilates EQ

Kim's certifications:

- Core Dynamics Pilates™
- Melt Method™
- Yamuna Body Rolling™
- Hanna Somatic Movement™

Register online at www.pilateseq.ca, or call 780-461-9594
Pilates EQ, #202B, 8135 – 102 Street, Edmonton, AB