



POSTURE PERFECT Workshop

**w/ Sheetal Contractor, CYT, LMT,
Wellness Coach**

Modern lifestyles often lead us toward unhealthy posture which is one of the primary reasons for neck, back and joint tension and pain!

In this workshop, we will learn and explore...

- What does it mean to have good posture and how to assess your own postural alignment
- Yoga poses to stretch/release over-worked muscles and strengthen weaker muscles in order to experience good posture
- How to apply good posture principles to common yoga poses thus making your practice more effective and safe
- How to incorporate the posture principles in your day-to-day activities to alleviate chronic tension and/or pain and experience healthy movement

Sunday July 9th, 1 - 3pm
Wellness Investment: \$20

***** No Prior Yoga Experience Required *****

About the instructor: Sheetal Contractor is a licensed massage therapist, certified yoga instructor, wellness coach, author of the book *Anyone Can Do YOGA! (... So What's Stopping You?)* and creator of the DVD Series called *Yoga Essentials*. Her yoga background includes training & experience from a variety of styles and teachers over the past 20+ years.

Sheetal's programs offer personalized attention to allow the individual to learn according to his/her needs. Her mission is to help people reclaim their power when it comes to their health. She aspires to do this through her concept of 'Yoga Self-Care' which teaches, supports and empowers individuals to Move Well, Breathe Well and Think Well each and every day!

