

Meridian Yoga Massage

Integrating yoga and self-massage for stress reduction and relaxation

Learn to teach a balanced, yin approach to yoga emphasizing stress reduction, relaxation and management of chronic conditions.

This class combines yoga and self-massage techniques from Western massage, Indian Marma therapy, Chinese massage, Japanese massage, and Thai yoga massage.

Level I: Foundations Training: August 21-22, 2010 (8-5 p.m.)

Level II: Teaching Therapeutic Classes: October 16-17 (8-5 p.m.)

	<u>Level I Only</u>	<u>Level I and Level II</u>
Early Registration (before April 30)	\$350	\$650
Normal Registration	\$425	\$800



For more information and to register, visit
www.kcfitnesslink.com/meridian_yoga_massage
info@kcfitnesslink.com | 816.256.4443