



# 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.

**LIFE POWER**  
Y O G A <sup>SM</sup>