

YOGA WORKSHOP FOR HEALTH & WELLNESS PROFESSIONALS

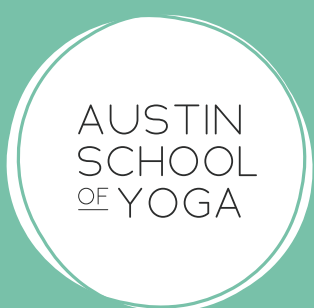


SUNDAY, JUNE 26 2–4pm in the Studio, \$20

Are you a healthcare provider, bodyworker, acupuncturist, caregiver, physical therapist, or in the health and wellness field? So often we care for others but ignore our own needs. Treat yourself to an afternoon of self care and learn practical tools to share with your clients.

Learn and practice myofascial self massage, therapeutic movement, guided breath work and meditation to help relieve pain, reduce stress and regulate the nervous system.

Stay after for tea and networking.



About Tracey & Ashley

Co-founders of Austin School of Yoga, Tracey and Ashley are eager to bring together local healers to learn from and support one another. For more information about them and their teacher training programs, visit www.austinschoolofyoga.com.

Cancellation Policy: If you are signed up for an event and find you cannot make it, please alert us as soon as possible. We will give a full refund for cancellations 7 or more days in advance. No refunds will be given 48 hours before an event or for no shows. Castle Hill Fitness reserves the right to cancel programs at anytime to which we offer full refunds.

1112 N. Lamar Blvd | sign up online at: www.castlehillfitness.com | 512-478-4567