

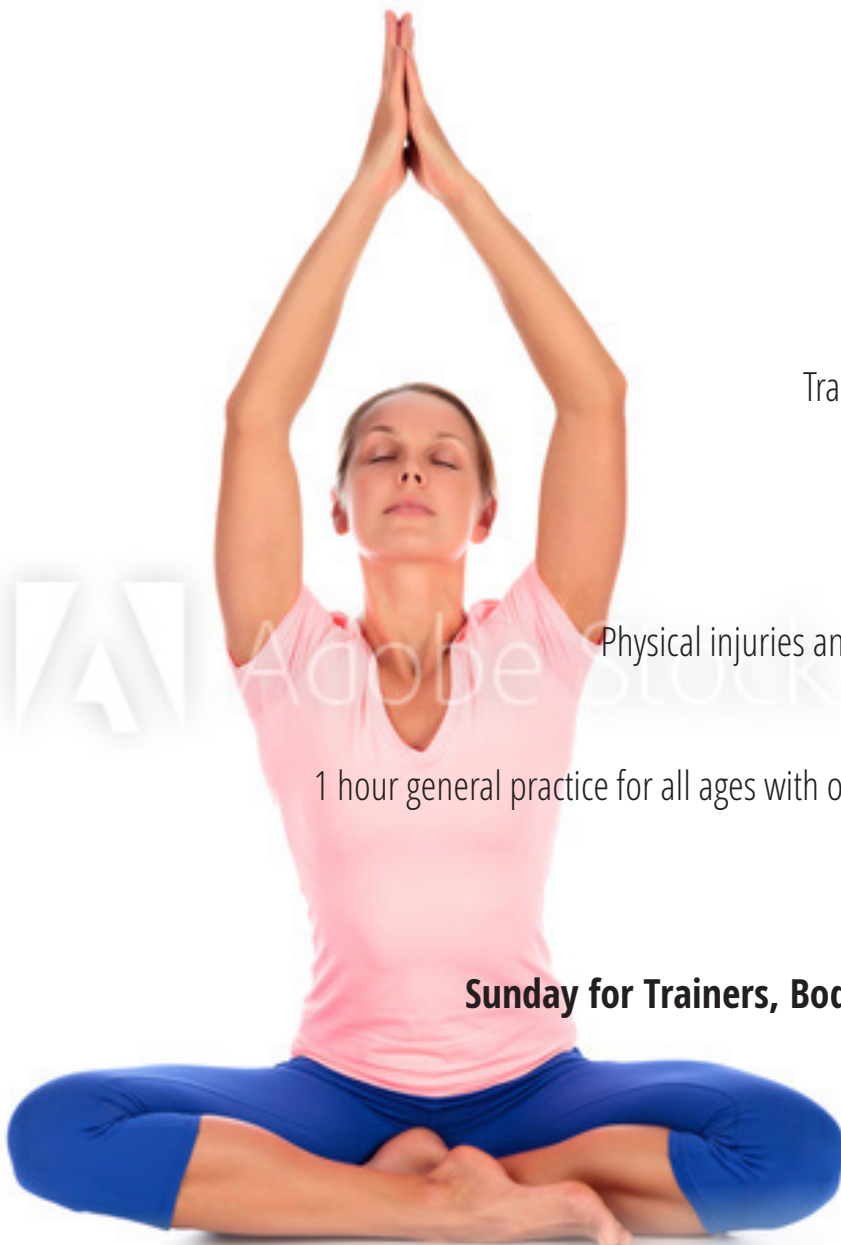


**Saturday, February 24th &
Sunday, February 25th**

The Spa • 1:00 - 4:00pm



ALIGN... ENGAGE... HEAL



YOGA THERAPEUTICS

Techniques for Health, Well-Being and Injuries
1 hour yoga practice included in each session

WHO BENEFITS

Members
Trainers, Body Workers, Fitness and Yoga Instructors

WORKSHOP COMPONENTS

Spine
Auto-immune issues
Physical injuries and limitations: feet, knees, hips, hands, shoulders
Cancer restorative therapies
Healthy practice and techniques for 50+ adults
1 hour general practice for all ages with our unique methodology included in each session

Saturday for Members Only

3 hour workshop- \$50

Sunday for Trainers, Body Workers, Fitness and Yoga Instructors

3 hour workshop - \$50

RSVP AT THE SPA FRONT DESK.

MORE INFORMATION ON REVERSE.



AMY KRAFT

Innovator, Educator, Therapist

Amy Kraft is a yoga/fitness educator with over forty years of experience including 5000+ hours of anatomy and biomechanics training. She is a pioneer in the field of integrative yoga and rehabilitation. She is designated E-RYT 500 with Yoga Alliance®.

Amy created training programs designed to enrich the lives of the BoomerPlus® generations: BoomerPlus® Yoga and Age to Wellness, encompassed biomechanical principles of alignment, postures, ergonomics, and rehabilitation techniques making this an ideal training ground for those new to the health and wellness industry as well as providing a refreshing experience for seasoned practitioners.

An additional application, Corporate Wellness Matters™- designed to be an integral part of corporate health and wellness programs regardless of age- is now available worldwide. Corporate Wellness Matters™, a division of BoomerPlus®, helps maintain employee health, improve focus, concentration and prevent employee burnout with techniques developed from Amy's experience during her career as a Wall Street executive prior to retiring and launching her yoga/fitness programs.

In addition to her other work, Amy designs custom Fitness/Yoga programs to fit specific requirements with maximum results. She has extensive experience with sciatica, migraines, foot and ankle issues, knee, hip and back pain, shoulder, neck and head issues, acid reflex, osteoporosis, fibromyalgia & more... Classes and individual sessions are available at various locations throughout the U.S. and worldwide via the Web.



PATRICE (PATTY) BARROCAS

Yogatect

E-RYT 500, YACEP

CERTIFIED ANUSARA YOGA TEACHER

YOGA THERAPUEDECS

Patty views yoga as a skillful and artful exploration, which enables one to move within their bodies into a peaceful inner environment.

Her classes are artfully sequenced to facilitate openings in the body, resulting in an uplifting empowering experience. She is a precise, thoughtful and challenging instructor yet creative and playful.

Patty's personal yoga practice began in Anusara Yoga, a method that utilizes alignment principles and incorporates a heart-based theme woven throughout the class. She has been teaching yoga since 2002. She is honored to have studied with all of her past Anusara teachers, and is currently studying with Desiree Rumbaugh and Christina Sell. She also has deep gratitude to Rod Stryker from Para Yoga, and Rajanaka philosopher Douglas Brooks.

In addition to teaching yoga, Patty has had a prolific career as an Architect and Interior Designer. It is her intention now to immerse herself in her yogic path of teaching and studying, and to spend more personal time with family, friends and her dogs, while pursuing more

