

THERAPEUTIC TUESDAY'S

6:15 to 7:30pm

Joyce Savitz

Jacksonville's ONLY Certified Anusara Yoga
Teacher will be teaching a 4-week Therapeutic series

Join us and learn the Secrets of Aligning with Nature! All-levels are welcome!

SERIES STARTS JUNE 8!

Call 249-1111 TODAY to register,
workshops fill quickly!

June 8
Feet, Shins and Knees

June 15
Quads, Hamstrings, Hips

June 22
Upper Body, Shoulders and Neck

June 30
Upper and Lower Back

Enhance your Yoga and your Life!

\$75 for entire 4-week series
\$60 for 3 classes
\$45 for 2 classes
\$25 for 1 class

To register please send your check to
JacksonvilleYoga.com, 391 Third Ave. S, Jax Beach, FL
32250 If enrolling for 3 or less classes, please
designate the dates. Also include your email address
and any specific injuries or concerns you may have so
that we can better assist you!

TESTIMONIALS:

I was determined not to let my scoliosis and frequent sciatica ruin my life. Yoga has made a world of difference. Joyce takes time, even in a full class, to pay attention to and individualize the poses, addressing changes in posture to prevent inadvertent injury. Each day, at work and leisure, I pay attention to that little "Joyce voice" in my head telling me to "lengthen" and "shoulders back." Yoga is not just about learning to relax... it's about a whole new way of life.

Donna

Your Yoga classes have meant so very much to me. The fact that you are a Licensed Massage Therapist (excellent at that as well, I might add) AND an extremely adept and knowledgeable Yoga instructor makes an unbeatable combination in the reconstitution of my body which I've abused through accidents and/or neglect for most of my life. It has been difficult, and at times discouraging, to be in a class with the majority of the students being 20 to 30 years younger than myself, but your unflagging enthusiasm, limitless patience, and clear explanations of what you are trying to accomplish with the stretches and poses make it all worth while. I am most impressed with your "no pain, no pain!" approach. It works!

Thank you. **Wharton Donaldson**

THERAPEUTIC TUESDAY'S

6:15 to 7:30pm

Joyce Savitz

Jacksonville's ONLY Certified Anusara Yoga
Teacher will be teaching a 4-week Therapeutic series

[Join us and learn the Secrets of Aligning with Nature! All-levels are welcome!](#)