

# Yoga Basics & MELT Rolling for EVERY BODY

Date: February 4 & 5

Location: [JacksonvilleYoga.com](http://JacksonvilleYoga.com)  
(249-1111)

Massage Therapists (Florida and NCBTMB) and Yoga Teachers earn 12 Live CEU's

**SATURDAY**

9:30-12:30 Feet, Shins, Ankles, Calves

2:00-5:00 - Upper thighs, Hips, Pelvis, Lower Back

**SUNDAY**

9:30 AM-12:30 Shoulders, Ribs, Upper Body

2:00-5:00 PM Elbows, Wrists, Hands, Fingers

All of this workshop will be taught by Joyce Savitz. Joyce has been involved with Yoga since 1976 and a massage therapist since 1984. This course has been very popular in that it teaches people how to take care of themselves as well as help others. Yoga therapeutics teaches you the action that is required that will help your body stay healthy and strong. The moves are very simple and easy for any body to do. It enhances your yoga practice due to the breakdown and the precision that is learned. The MELT Rolling is a simple self-treatment program that teaches you to hydrate the connective tissue. When the connective tissue is dehydrated, the body starts to let you know there is a problem with prepaid signals (digestion, lack of sleep, physical aches).

If these signals are not treated, more chronic pain sets in. Come learn to stay healthy, mobile and happy as you age.

Cost for the entire workshop is \$250 (Cost goes up \$50 after Jan. 31)

One day only: \$135 (goes up \$20 after Jan. 31)

One Session only: \$75 (goes up to \$90 after Jan. 31)

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Name: \_\_\_\_\_ email: \_\_\_\_\_

please mail your check to Joyce Savitz, 476 10th Ave. S, Jax Beach, 32250 OR Call 249-1111  
with credit card information.

**THE VENUE IS LOCATED AT 391 Third Ave. South, Jacksonville Beach, FL 32250**