



Strong Women and Strong Bones Workshop with Judith Valerie

Prevent, Reduce, or Reverse Bone Loss

You will learn a bone strengthening yoga series developed by
Yoga Therapist, Kay Hawkins and physician, Dr. Nirmala Limaye

When: Saturday, August 7th
3-5:30pm

Where: Private residence in Raleigh. Directions to follow

Space is limited. Please phone or email Judith today to reserve your spot or ask questions.

Registration

Cost: \$50.00. Refund less \$5.00 until August 1. No refunds thereafter.

Bring a check to class or register online at: www.jvyoga.com