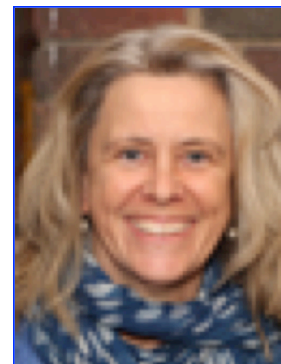


**YOGA**  
**FOR YOUR BACK, NECK, KNEES & MORE!**

A Weekend Workshop with JJ Gormley, eRYT500

September 30 ~ October 2, 2016

SANTOSHA YOGA, Sheridan, WY



Learn more about Yoga Therapy and how it helps with body issues such as low back, neck, shoulder, knee, sciatica, hip pain ... and more! Work with JJ Gormley, eRYT500, internationally renowned Yoga Therapist and Educator.

Learn how we can apply practical principles of Yoga Therapy for healing our aching joints.

We are excited to offer this special weekend with JJ Gormley, who has been practicing Yoga since 1979, teaching since 1989 and certifying teachers since 1994. As the Director of Surya Chandra Healing Yoga School, JJ offers Yoga Teacher & Yoga Therapy trainings across the country.

(Please visit her website for more info: [www.SuryaChandraHealingYoga.com](http://www.SuryaChandraHealingYoga.com) )

~~~~~ **SCHEDULE of SESSIONS** ~~~~~

Friday, 6:00-8:30pm ~ Overview of Yoga Therapy  
Saturday, 9:30am-12N ~ Focus on Lower Back  
Saturday, 2:00-4:30pm ~ Focus on Hips & Knees  
Sunday, 9:30-12N ~ Focus on Shoulders  
Sunday, 2:00-4:30pm ~ Focus on Neck & Upper Back

Teachers/Yoga Therapist only ~ Deepen your understanding of working with structural issues:  
Saturday & Sunday, 4:45-5:30pm ~ Discussions/Q&A

**WORKSHOP PRICES**

Single Session: \$60

3 or more Sessions: \$55

All Sessions: \$250

In addition to attending the workshop, attend both Teachers/Therapist Sessions for \$50

Contact Information: [www.balancedlivingconsultants.com](http://www.balancedlivingconsultants.com) Teddy: 307-763-0017 or Steve: 307-751-5540

Registration Form: **YOGA FOR YOUR BACK, NECK, KNEES & MORE!**  
Weekend Workshop with JJ Gormley, eRYT 500

Please mail this form with check to: **Steve Cropley, 421 South Brooks, Sheridan, WY 82801**  
Make Checks out to: **Santosha Yoga**

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

I will be attending (circle one or more): All Sessions   Fri PM   Sat AM   Sat PM   Sun AM   Teacher