

# Happy New You! – Move Smarter, Safer, Stronger

A WORKSHOP WITH

Physical Therapist, Josh Borgmeyer, PT, DPT, MTC  
Yoga Teacher, Jane Fitzgerald, CIYT, CIAYT



Wednesday, January 17, 2018

5:30 - 7:00 p.m.

Forest Park Visitor's Center Trolley Room  
5595 Grand Drive, St. Louis, MO 63112

Josh and Jane will teach you how to make your workouts and poses stronger and safer and get new results. We will teach you about common muscle imbalances that lead to pain and dysfunction. You will learn to activate the correct musculature with ALL MOVEMENT to optimize your results and prevent injury. Come join us!

The workshop will include discussion of anatomy and movement principles and is appropriate for all body types and fitness levels. Yoga mats will be provided but bring your own if possible.

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

Email address: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**Enroll early and save: \$20 by Jan 8/ \$25 after Jan 8**

- Make checks payable to Jane Fitzgerald or PayPal to jane@webeok.org.
- Jane's phone: 314-680-2929
- Send checks to: Jane Fitzgerald 4429 Laclede Ave St. Louis, MO 63108

**balancedbodyrehab.com / yoga-108.com**