

NYDIA'S YOGA THERAPY
PRESENTS

THE FEET:

Building a solid foundation for your yoga practice.



Instructor: Nydia Tijerina Darby, MS, PT

October 3, 2009

1-3pm

Cost: \$40

This workshop is designed for anyone who wants to know more about how to care, strengthen and support the most underappreciated part of our body...the foot. Attendees will learn how to improve yoga postures and life function through attention placed on creating a solid foundation through the feet. This workshop will benefit regular people, NYT Advanced Yoga Studies students, yoga teachers, yoga teachers in training, serious and not so serious yoga students who want to improve their understanding of the anatomy of the foot and learn techniques designed to improve mobility and strength and reduce pain and limitation. There will be a balance of lecture and practice that will allow the participant to absorb the material presented. 2 NYTAYS Teacher training hours will be awarded. Also eligible for 2 hours toward the Hard & Soft Yoga Institute.

4680 Lockhill Selma
San Antonio, TX 78249
(next to Silk Greenery, near loop 1604)



(210) 764-1616
www.nydiasyogatherapy.com

Mail Payment to: Nydia's Yoga Therapy, 4680 Lockhill Selma, Ste. B., San Antonio, TX 78249.

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