

A HEALTHY BACK = A HEALTHY EVERYTHING

WITH BARBARA ADAMS

SCOTTSDALE

SATURDAY, APRIL 20TH

12:45 - 3:15 P.M.



Create a great foundation for everything you do! Build more flexibility, power and grace in the back to address pain or tightness anywhere in the body. Barbara Adams will help you refine the skills and actions to make your back aligned and integrated so it can support all parts of the body.

**When your back is aligned and flexible -
everything else feels better!**

This session is for both the advanced student and the beginner.

LOCATION: Scottsdale

COST: \$45/\$40*

*Early registration price ends April 13th

Register online or by phone 480.905.8801

REFUND POLICY: Workshops and trainings payments may be refunded with 72 hour notice, less administrative fee of \$10 per individual session. No refunds or credits for less than 72 hours notice.

This workshop counts as required hours towards RYT500 certification, CEUs and prerequisites for RYT 200

