

STRONG BONES CONFIDENCE FOR LIFE

Yoga for Osteopenia/Osteoporosis



In this **Back to Bliss Yoga** workshop you will

- * Receive dynamic strategies for building and maintaining strong bones for life
- * Get the latest research data about how yoga is especially beneficial for bone health
- * Take home a specially designed yoga program, which targets Osteopenia

Join Harriet Alterowitz and Jennifer Brooke, yoga teachers, educators & long-time meditators for this discovery workshop designed for anyone interested in specific yoga practice that can help prevent or improve osteopenia. Everyone is welcome!

Sunday, February 17, 2019 1 – 4:30 p.m.
Red Willow Learning Center, 825 West Kent, Missoula, MT

STRONG BONES... CONFIDENCE FOR LIFE
SUNDAY FEBRUARY 17, 2019 1 – 4:30 PM
RED WILLOW CENTER 825 WEST KENT MISSOULA MT

Name _____
Phone _____
Email _____

Early Bird Registration by February 3rd \$45.00 _____
After February 3rd \$50.00 _____

Mail registration to: Harriet Alterowitz, 113 Mcleod Av, Missoula MT 59801.
Make checks payable to Back to Bliss Yoga. Or register directly with Harriet
or Jen.

Cancellation Policy: No refunds will be made for cancellations. All yoga
props will be provided, however you are welcome to bring your own props.
Space is limited. Register early to reserve your space. You will receive an
email confirmation of your registration.

Continuing Education: Supporting documentation will be provided for 3.5
hours of continuing education for yoga teachers or other professionals
upon request.

Harriet Alterowitz and Jennifer Brooke are both experienced and certified
yoga teachers/therapists with Integrative Yoga Therapy and registered at
the E-500 level with Yoga Alliance. They combine their strengths and years
of experience with meditation and yoga to help you deepen or begin a
personal practice of yoga for bone health.

Jennifer Brooke 406.531.7384 jbrookemt@gmail.com
Harriet Alterowitz 406.370.6464 hattieyoga@gmail.com