

THERAPEUTIC WORKSHOPS IN TUBAC, AZ

WITH JAIMIE PERKUNAS DPT, E-RYT, C-IAYT

**Saturday
February 1st,
2020**

2 Sessions

*Classes held @
Tubac Healing
Arts Center*



Jaimie Perkunas has been working in Physical Therapy since 1998 and has been practicing yoga since 2000. With a Doctorate in Physical Therapy and 200-hour Anusara Yoga Teacher Training, she began teaching yoga in 2010. She teaches workshops locally and internationally. Jaimie's passion is to share her deep understanding of the body—with a unique therapeutic approach to yoga—to create a safe and healing practice that brings out the potential in every body.

Session 1: Yoga for Hikers and Bikers 11:00am to 1:30pm

This class will focus on yoga poses and exercises that stretch and strengthen the lower body to improve range of motion and function of hips, knees, and ankles.

Session 2: Yoga for Posture and Balance 2:30pm to 5:00pm

This class will focus on techniques to improve posture awareness and balance in static and dynamic yoga postures. Students will also learn techniques to connect to their upper body to prevent poor posture.

**TUBAC
HEALING ARTS
CENTER**

**\$60 one class
\$105 both classes
To Register call:
Kathy Edds
520-275-2689**