



PRESENTS

YOGA *for* BETTER BONES

A Workshop ON Safe Yoga FOR People WITH Osteoporosis

APRIL 15, 2012 – SUNDAY
1:00 PM TO 3:00 PM

KALYANA YOGA SHALA
375 ST. LAURENT BOULEVARD
OTTAWA, ON K1K 2Z5

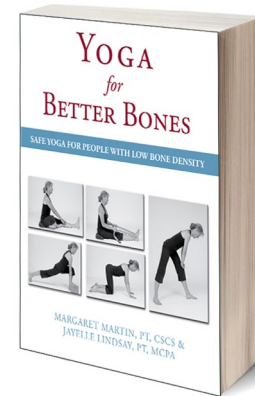
YOUR INSTRUCTOR: Margaret Martin, Physiotherapist, Certified Yoga Teacher, CSCS

Margaret has combined her clinical Physiotherapy experience, her knowledge of fitness training and yoga, and her study and review of the latest medical and scientific research on osteoporosis and exercise to create this Yoga for Better Bones Workshop.

This workshop is ideal for both yoga practitioners and yoga teachers.

Margaret is the author of *Yoga for Better Bones* – the book for people with low bone density or osteoporosis and who want to follow a safe Yoga routine.

She manages her private Physiotherapy studio, Function to Fitness, in Ottawa and is the founder of MelioGuide.com – the online source for safe osteoporosis exercise programs.



REGISTRATION FEE: \$30 + HST

REGISTER BY CALLING: 613-745-YOGA (9642)

MARGARET'S BOOK, YOGA FOR BETTER BONES, WILL BE AVAILABLE AT A DISCOUNTED PRICE FOR CLASS PARTICIPANTS

www.kalyanayoga.ca