



# **Power Acupressure Workshop**

**at Gem Yoga and Life Enrichment  
with Dr. Renée Clair**

**July 24 and 31  
Sundays 6:30-8:00 pm**

- Acupressure; Meridian Tracing, Stretching, Strengthening; Movement; Traditional Chinese Medicine Elements; Affirmations
- No previous experience or knowledge necessary. Prerequisite: ability to get up and down from the floor
- Drop in. Cash only. \$20 per session
- Gem Yoga and Life Enrichment 2 Sycamore St. Tiffin  
[www.gemyogalife.com](http://www.gemyogalife.com) 567-230-0304