



Power Acupressure Workshop

with Dr. Renée Clair

**June 5, 12, 19 and 26
Sundays 6:30-8:00 pm
Gem Yoga Studio**

- Acupressure; Meridian Cleansing, Stretching, Strengthening and Tracing; Movement; Traditional Chinese Medicine Elements
- No previous experience or knowledge necessary. Prerequisite: ability to get up and down from the floor.
- Registration Deadline: Sunday, May 29th, Payment in advance to Gem Yoga and Life Enrichment. Register and pay online @ gemyogalife.com, Space is limited to 8 participants

Fee for all 4 Sessions \$80.00