

SUWANNEE RIVER YOGA

hosts

A Workshop

with Ann Gill

Ann has been a yoga instructor since 1968, she is from Gainesville, Florida and has a strong background in Occupational Therapy and Physical Rehab. She taught Occupational Therapy at the University of Florida for 12 years.

***Date:* Saturday, January 17, 2009**

***Time:* 10am to 3pm**

Morning Session: Core /Back Strength

10am - Noon

Lunch

Noon - 1pm

Afternoon Session: Balancing

1pm - 3pm

Fee: \$55.00

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