



Millions of athletes are injured each year, robbing them of their highest athletic potential. Balanced Athlete™ is a curriculum that has been created with the athlete's body in mind. Our yoga program implements strength and conditioning principles into yoga science. After taking this workshop, expect to experience improved performance, reduced injury, and a newly developed mental edge.

Presented by Johnny Gillespie
Founder of Empowered Yoga

Sunday, February 26th
12:00 – 2:00 p.m.

HAC Member \$20 | Non-Member \$30 | Yoga Member \$15

Contact the Mind Body Desk at HAC to register: 302.235.4928

302-239-6688
www.hachealthclub.com



February 2012