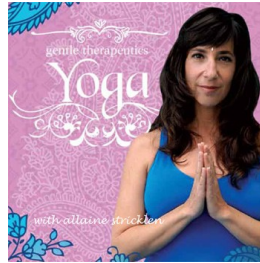


POSTURE YOURSELF FOR RELEIVING STRESS WORKSHOP WITH MASTER TEACHER ALLAINE STRICKLEN



- Saturday Feb. 20th, from 12:00 to 3:00 pm
- Waalay Yoga & Wellness Center, Key Biscayne
- Fee: \$ 75 at the door (cash or check only) \$65 if paid in advance

Mention Stress and everyone groans. It seems that we are all rushing around these days. As technology speeds up the pace of life we try to fit more into our busy schedules, and anxiety and worries creep in. Why not spend a few moments with Allaine Stricklen and Gentle Therapeutics Yoga, understanding how to relax and renew any time you feel the need. Just melt into 2010 with a rejuvenated and happy mind body and spirit. With the use of props Allaine will guide you through a series of Gentle Therapeutics Yoga Postures to free yourself from stress and tension.

In loving Gratitude,

Namaste Allaine

To register and for additional info please call:

Allaine at 786-252-2353 or Waalay Yoga at 305-613-9105 www.waalay.net



ABOUT MASTER TEACHER ALLAINE STRICKLEN

Allaine has practiced Yoga since she was a child, but it wasn't until she was diagnosed with spondylothisthesis and severe scoliosis – a condition that could leave her paralyzed – that her life's journey as a Yoga Instructor would truly begin. Allaine has been teaching and sharing Yoga for over 20 years and she credits this ancient health care system to her speedy recovery and her amazing health and stamina. Allaine has studied directly in Pune, India with her Teacher BKS. Iyengar, which is where she was inspired to utilize the Iyengar method in a more gentle and therapeutic way. Allaine offers workshops, Teacher Training and Mentorship programs here in Miami, and travels worldwide sharing her love of Yoga and Healing Techniques.

www.gentletherapeuticsyoga.com