

INJURY PREVENTION & FLEXIBILITY WORKSHOP

with the

• • *Nationally & Internationally Sought After* • •



Thursday, June 6th, 2013

South Country Dance Productions
1 Shaw Place in Assiniboia

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For: * Ages 6 to 100 years
* Dancers, Athletes, Gymnasts, Swimmers
* Anyone with back, hip, shoulder, &/or any other physical ailments preventing them from working &/or enjoying life

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Classes: Arranged according to age
& for Adults - according to gender

Pre-Registration Required

Fee: Ages 6 to 11 years - \$35.00 for 60 minute class
Ages 12 to 100 years - \$50.00 for 90 minute class

To allow for individual attention Alixa works with a limited number of students per class.

For Information & Registration Call Today:

Gail at 642-5382

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ALIXA SUTTON:

- Is a flexibility / injury prevention expert
- Gives effective, safe methods for stretching
- Teaches new stretching & warm up techniques
- Recognizes & helps overcome body alignment issues
- Works worldwide with both professional & amateur individuals & groups such as **Cirque du Soleil**



