



Yoga for Agility Handlers!

It's time you take care of YOUR body as well as you take care of your agility dogs!
Yoga is an ideal activity to address the challenges of agility on the handler's body.
This is for all levels of handlers, NO yoga experience required!

Tuesdays, February 13 & 27 and March 6, 20 & 27
12:45-1:45pm

Sessions will be held at **Bella Vista Training Center**
in the heated Annex Building.

730 Mt Airy Road, Lewisberry, PA 17339 www.bvtrainingcenter.com All BVTC Policies are in effect.

In this 5 week session we will explore:

- * tight areas of your body, low back, hips, hamstrings, neck and shoulders.
- * postures that can help us become more balanced and strong.
- * safe twisting, one of the most demanding movements on the spine needed on course.

Please bring a yoga mat! We will have some fun while we stretch and get stronger!



Teacher: Julie Cramer, E-RYT200, RYT500,
B.S. Education, M.A. Counseling

Athletics was always an integral part of Julie's life. After recovering from serious spinal surgeries in her 30's she needed to find a new way to challenge her body and find balance in her life. She found Bikram yoga and that experience opened the door to a whole new way of living and being! The physical benefits spoke to her as did the mental benefits of feeling calmer and more peaceful. She opened Half Moon Yoga Studio in 2012 and offers a variety of yoga classes to meet the needs of students all ages, those recovering from injuries and health issues, as well as those who are seeking to get stronger and fitter. Julie has experienced the therapeutic benefits of yoga and believes that yoga is meant to serve each person individually, so modifications of postures are always offered.

Julie and her Rhodesian Ridgebacks have been active in many dog sports including agility since 2002.

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Please email questions to Julie at julie@halfmoonhershey.com

Send registrations to Julie at 2598 Old Hershey Road, Elizabethtown, PA 17022 with payment (\$60 for 5 sessions paid or \$15 per session for drop in). Please make checks payable to Half Moon Yoga. Confirmations sent by email or send a SASE

Name: _____ Phone: _____

Email: _____

Please list session(s) attending: _____

Amount Paid: _____