



# Muscle Immersion

Bringing 3D Muscle Anatomy to Life

A 14-hour immersion that explores prime movers to create optimal functional movement, prevent injuries and alleviate compensation patterns. The course is appropriate for all yoga, movement and bodywork practitioners.

**Saturday, Jan. 28th** | 10:00am to 5:00pm | **The Yoga Room**  
**Sunday, Jan. 29th** | 9:30am to 4:30pm | **Little Italy**  
**Cleveland, Ohio**

FUNCTIONAL ALIGNMENT YOGA CLASS THE FIRST 75 MINS. EACH DAY

**\$260**      **Weekend (Saturday and Sunday)**  
**\$197**      **Early Bird Registration through Jan. 13th**  
**Free**      **Schatz Method Trained Practitioners**

**REGISTER AT**  
**GINASCHATZ.COM**

\* Full refund for cancellations accepted 1 week prior to workshop date. Otherwise, funds will be applied to future course.

## PREREQUISITES

- 200 RYT or higher + 2 yrs. teaching experience
- LMT w/ 800 education hrs. + 2 yrs. work experience
- Personal Trainers w/ certificate and/or degree + 2 yrs. teaching experience

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