



## Meditative Sports Stretch with Joti

August 21, 2010 2-4 p.m.

Harbin Hot Springs Middletown, CA

[www.harbin.org](http://www.harbin.org)

SF Chronicle, SF BAY Club Magazine, and Greenbrier Sporting Club calls Joti the Guru of Meditative Sports Stretch, a fun way to stretch utilizing static, dynamic, and myofascial release to hypnotic music while using color therapy and guided creative visualization. It is appropriate for all ages and specific needs will be addressed.

*Love offering requested.*

