

Sugi Fitness™:
Complete Fitness Without Effort™

Ofer Erez

Wondering what it means to do fitness without effort? Join Ofer for this informative workshop and discover how effective you can be. Learn exercises for strength, flexibility, and stamina.

Saturday, November 3

1:00 – 4:00 p.m.

Fee: \$55

includes Sugi Fitness book

**A great introduction for students interested in becoming
Sugi Fitness Trainers!**

Sugi Yoga® Retreats with Ofer

Join Ofer Erez, founder of Sugi Yoga, for an unforgettable experience. Gain relief from aches and pains, increase movement, enjoy deep relaxation, learn breathing and meditation. A great introduction for students interested in attending the Sugi Yoga training.

Everyone welcome! No experience necessary!

Saturday, October 6

10:30 a.m. – 4:30 p.m.

Fee: \$90

Int./Adv. Sugi Yoga practice. Enjoy a day of retreat with Ofer.

Sunday, October 7

10:30 a.m. – 4:30 p.m.

Fee: \$90 or \$160 for both days

**Both workshops held at Step It Up Studios, 2685 Pleasant Hill Rd., Pleasant Hill
(next to TJ Maxx.)**

Call for more information – 925.934.3120.

To register make check to **Sugi Health** and send with registration form to:
2096 Hoover Ave., Pleasant Hill, CA 94523

Name _____

Address _____ Zip Code _____

Phone (_____) _____ Email _____

Class Title(s) _____

Fee _____

Total Fees: _____