

APRIL 2-5 2009

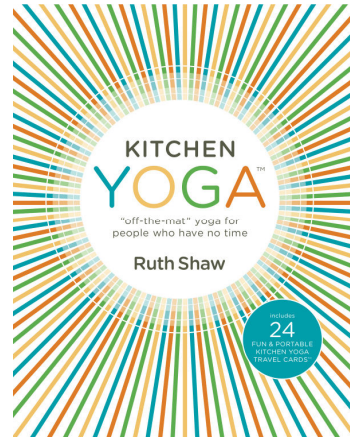
Toronto Metro Convention Centre
Hall C, Booth 102

YOGA PILATES
Conference and Show

Join

Ruth Shaw

Author of **Kitchen Yoga**



At the 2009 Yoga and Pilates Conference and Show

Come and meet acclaimed yoga teacher, author and public speaker Ruth Shaw and learn a new time-saving way to practice yoga “off the mat” in the one place we frequent on a daily basis – the kitchen. By fitting in a pose while the coffee is perking, the bread is toasting or the soup is simmering, you can easily practice 35 *extra* minutes of yoga a week. Simple!

With Kitchen Yoga you can-
Save Precious time
Target Hot Spots
Practice on the go
Increase Flexibility, Mobility and Strength



For more information please visit:
www.ruthshawyoga.com
www.theyogaconference.com

Or Contact:
e. ruth@ruthshawyoga.com
p. 416.322.9990