



MERIDIAN FLEXIBILITY™ & STRETCHING
integrated health and fitness system



David Allen

is presenting a

Meridian Flexibility Workshop

at the Cabana Hotel
4290 El Camino Real, Palo Alto

Saturday, November 17th 10:00 AM – 5:00 PM

- Become more flexible than you thought possible
- Increase your energy, strength, and endurance
- Improve your health and athletic performance
- Heal old injuries and prevent new ones
- Learn about the links between stretching, personality, Traditional Chinese Medicine, constitution, and health
- Unlock the potential of your body, mind, and spirit

www.MeridianFlexibility.com • (408) 253-4500

Note: Wear clothing comfortable for stretching, as you would when attending a yoga class. Bring a yoga mat. Only \$50 in advance (cash, check), \$65 on day of event (cash only) E-mail registration info / requests to darshana@meridianstretching.com