



# JAHARA® BASICS

*For Self Development*



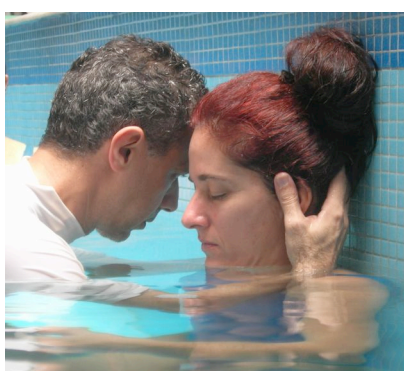
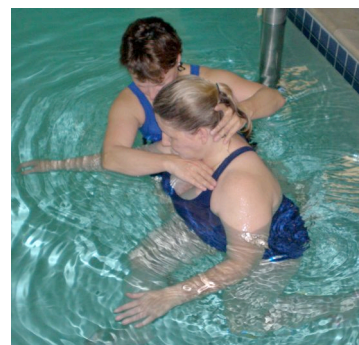
SEPTEMBER 17-18, 2010  
NOVEMBER 5-6, 2010

\$200  
\$200

*Friday Classes: 4:00 to 8:30 PM ~ Saturday Classes: 9:30 AM to 6:00 PM*  
PLEASANTON CALIFORNIA

**Jahara® Aquatic Therapy** is a warm water modality founded in body awareness, healthy body mechanics, and *the gentle power of water*.

**Jahara® Basics For Self Development** is a class for health professionals to experience the influence of the water upon their bodies. This is an opportunity for you to take time for yourself and discover patterns of repetitive movements that may cause pain and discomfort in daily life. You will participate in **ActivExercises™** that will help you modify these habits. **Aligned Floating™** in zero gravity position will allow you to feel weightlessness and a sense of flying. All exercises will demonstrate how to work without effort, allowing you to use this knowledge in your daily life. The relaxed pace of this class will encourage you to slow down, go with the flow, and enjoy yourself!



**FOR MORE INFORMATION & REGISTRATION PLEASE CONTACT LINDA DOLD**

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**[www.jaharausa.com](http://www.jaharausa.com)**

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