



Hana Pono™ Wellness Center

is excited to announce upcoming workshops with

Gwen Miller

*Pilates, yoga and fitness educator, integrated
movement therapist, and author of*

SAFE **MOVEMENT** FOR ALL **SPINES**

LOCATION:

Hana Pono Wellness Physical Therapy and Pilates
2 Aarona Pl. #202, Kailua, HI

WORKSHOP SCHEDULE:

Saturday, October 21, 2023

11:00AM-2:00PM: Confidently Teaching People with Flexion-Intolerant Spines: Disc Derangement and Osteopenia/Osteoporosis

3:00PM-6:00PM: Confidently Teaching People with Extension-Intolerant Spines: Spinal Stenosis and the 3 "Spondys:" Spondylosis, Spondylolysis, Spondylolisthesis

Sunday, October 22, 2023

12:00PM-4:30PM: Clarity and Confidence Working or Living with Scoliosis: Management, Techniques and Healthy Practices

PRICING:

- Flexion Intolerant: \$150, plus \$50 for two pre-recorded lectures
- Extension Intolerant: \$150, plus \$50 for two pre-recorded lectures
- Scoliosis : \$250, plus \$25 for one pre-recorded lecture

SAVE! full weekend of all three workshops PLUS a copy of *Safe Movement for All Spines* book for only \$400! Register early (Before October 1) and receive the lectures for free!

REGISTER IN PERSON AT HANA PONO OR EMAIL GWENAMY@SONIC.NET