

# silent light

healing injury & chronic conditions with yoga  
at the raintree athletic club yoga and pilates center

Richly nourishing, this monthly class integrates asana practice with traditional and modern healing techniques. This class includes anatomical discussion with a working skeleton and spiritual inspiration. Injury, emotional loss and some chronic conditions are benefited. For more information, please call Jane Houck at 232-5145.

12:15 - 2:00 pm

\$10 RAC members | \$15 non-members

september 12 | october 10 | november ? | december 12

## about the instructor

Jane Houck has been a yoga teacher since 1995 and is a full time medical massage and cranial sacral therapist at Medical Massage of the Rockies.



[www.raintreeathleticclub.com](http://www.raintreeathleticclub.com) | 970.490.1300  
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