

Royal Distributing Sports Performance Centre

7384 Wellington Rd 30 - Guelph, ON, N1H 6J2

Contact: Dave Nichol - 519-856-9596 x201 - dnichol@get.on.ca

www.get.on.ca/RDAPC

Introduction to DDP Yoga - FREE Session

Tuesday September 13

6:30 - 8:00 PM

BRING your yoga mat
for this interactive session.



A program that adapts to every fitness level:

- Cardiovascular fitness
- Increased flexibility
- Maximum core strength
- Minimal joint impact

1. How was DDP Yoga created and why?
2. What kind of individuals have benefitted from DDP Yoga?
3. How can you create realistic fitness goals for yourself?
4. What are active breathing techniques?
5. What are the secrets of Dynamic Resistance?
6. What are the Diamond Dozen?
7. How can you make this program work for YOU?

