

DDPYOGA

Workshop



Hosted By:

**Marcel Doré MD and
Guelph/Eramosa Township
Royal Distributing Athletic
Performance Centre
7384 Wellington Rd. 30
Guelph, Ontario, Canada
N1H 6J2**

**Space Is Limited!
\$69.99 USD**

**Military, Police and Firefighters
20% Discount available**



'Inspiration Meets Perspiration' Workshop

**Saturday, September 22nd
Beginner Fitness Levels and Up
10:00 AM - 12:30 AM
ddpy.co/2LuC8R7**



All Workshops Include:

- ◆ **Free Personal Selfie with DDP!**
- ◆ **Correct Diamond Dozen alignment**
- ◆ **Secrets of Dynamic Resistance**
- ◆ **Active breathing techniques**
- ◆ **FREE Group Picture posted on Facebook**
- ◆ **How and why DDP created DDP YOGA**
- ◆ **Principles of Owning Your Life**
- ◆ **Attainable Goal Setting**

*DDPYOGA has a no refund policy within 24 hours of the event with the exception of emergencies both medical and personal.

DDPYogaWorkshops.com