

# Spring Into April

## Getting Ready for Spring/Summer with Dogma

April 2007

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### Athlete of the Month

Congratulations to **Scott Cameron** for being Dogma Athletica "ATHLETE OF THE MONTH!" Scott has successfully lost 20+ pounds and is looking to lose at least 20 more. Keep up the GREAT work Scottie!

### Arm Balances / Inversions with Rod & Amy



**Saturday, April 21st, 2007 8am-11am**

**\$30 for members**

**\$40 for non-members**

Inversions and arm balancing poses are challenging and exciting. They rejuvenate the mind and body. They increase circulation of blood, oxygen, and energy, stimulating the endocrine and immune systems. Both arm balancing poses and inversions develop mental and physical strength, balance and flexibility. In the workshop learn the essential elements of these powerful poses. Learn the skills of balance and then have fun applying them into your life.

*\*\*Note: This course is for Intermediate and Advanced students.*

### Easter Sunday Closed

**We will be CLOSED on Easter Sunday, April 8th, 2007. We are sorry for the inconvenience, but hope you enjoy this time with your friends and family. Have a happy day off!**

### IN YOUR FACE FACIAL OF THE MONTH: GRAPE PASSION



This facial is a superior blend of active grape seed extracts, rich red fruit and

vegetable extracts, milk acids, and nutrient building ingredients will improve the overall affects of free radical damage. Slow down aging withour Grape Passion Facial!

**Please stay tuned for more spring/summer programming with Dogma in the next few months.  
Live It!**

Kristin Lundeen  
Dogma Athletica

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