



THE ANIMAL FLOW WORKSHOP: WASH DC

Two-Day Event:

Sat Dec 3: 2-6pm

Sun Dec 4: 1-5pm

@Golds Gym, Alexandria VA

**Personal trainers, Fitness
Instructors, Physical
Therapists and Advanced
Fitness Enthusiasts:**

**Become an official practitioner in the
hottest new bodyweight workout, or
just Master your Animal Flow practice!**

Co-sponsored by
Prana Physical Therapy
<http://prana-pt.com/>

**Information and Registration at
www.globalbodyweighttraining.com**

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