

Brian Weinewuth

DDPYOGA Certified Level 1 Instructor

Featuring:



DDPY (or DDPYOGA) combines the very best of traditional yoga, old-school calisthenics, sports rehabilitation therapy, and dynamic resistance to create one of the most effective fitness plans that anybody can do, regardless of fitness level.

Benefits:

- Great cardio workout
- Increased flexibility
- Strengthened core muscles
- Minimal joint impact

FREE WORKOUT!!!!

**Saturday, Aug. 21, 2021
9 am**

Preveiling Touch

**8401 Claude-Thomas Rd.
Suite #29
Franklin, OH 45005**

Space is limited!

RSVP now! Call or text
513.382.4102

What to bring:

Yoga mat, towel, water, open mind! (Heart rate monitor optional but highly recommended)

513.382.4102



brian.positivepower@gmail.com



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TAKE YOUR WORKOUT TO THE NEXT LEVEL!

DESIRE

+ DRIVE


+ PASSION


= YOU



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