

November 20 - 21

Move Fit Camp 2010

RCH Studio presents 'Move Fit Camp'

2 days of:

- Workouts/fitness
- Music
- Dance
- Barbecues!

Kyoto, Japan



Program Schedule:

Day 1 -

11AM - 4PM

Bodyweight Training with Faculty Coach Ryan Hurst

4 PM - 6PM

Introduction to DANCE FIT with CST Kathy Lucas

6PM -

DINNER BBQ and Music / Dance performance

Day 2 -

9AM - 10AM

Morning Yoga with Ryan

10AM - 12PM

WINTER SPORTS PREP with CST Atsuko Okada

12PM - 12:30PM

Goodbye/Depart

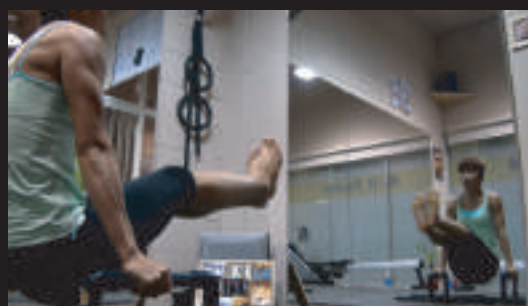
featuring: **CST Faculty Ryan Hurst**



CST is a three ringed system focusing on Structure, Breathing, and Movement that includes Joint Mobility, Weighted Exercise, and Yoga specific movements. Join Ryan and his staff for this opportunity to experience pure freedom of movement in the mountains of Kyoto.

and CST Instructors

Kathy Lucas & Atsuko Okada



Camp Cost

Day 1 - **¥4,500**

Day 2 - **¥2,500**

Both Days - **¥6,000!**

Move Fit Camp will be held in the mountains near Kyoto Shugakuin.
Check below for detailed info and to reserve your spot and hotel room.

cstjapan.com