

Wellness Program



Guest Lecturer: Leonardo J. Stoute
 Founder & Director, **International Silat Federation
 of Indonesia & America**



Mr. Stoute has lectured at Yale and around the world on the valuable role traditional movement arts play in effective rehabilitation. His expertise is in the ancient art of Silat Tuo from Indonesia.

Topics include:

- effective rehabilitation
- stress reduction
- improving fitness
- improving joint health
- and more...

Thursday, February 12th, 12noon – 1pm



Location: PT Clinic, YPB
RSVP Required

Contact: silat@yale.edu

www.yale.edu/silat

www.USAsilat.com

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