

# YOGA THERAPY BALL

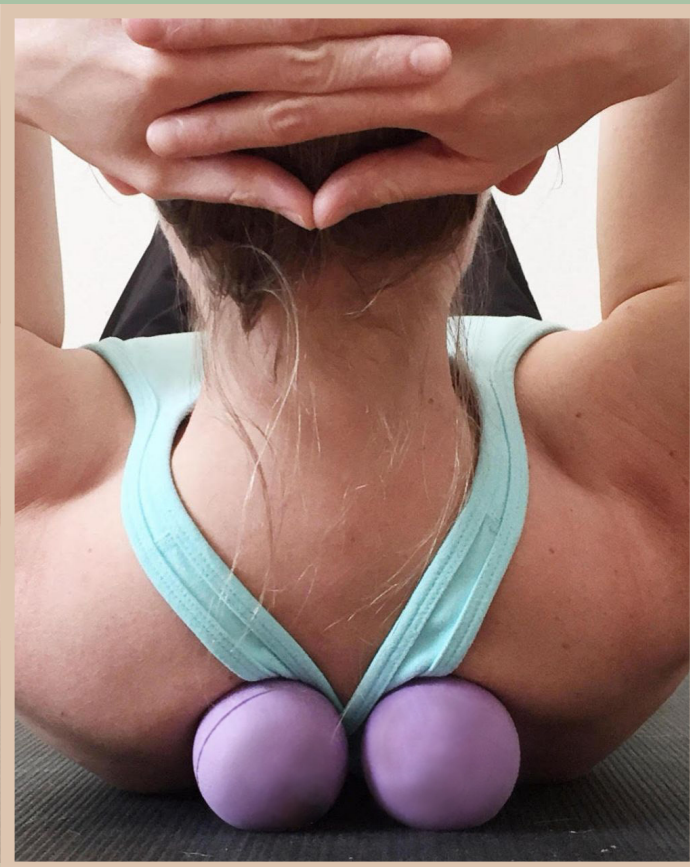
## SMALL GROUP TRAINING

NOVEMBER 7TH - 28TH *with Monica Bravo*

Do you want to move better while you walk, bike, hike, paddle, and sit at your desk too? This small group class will give you simple tools to increase mobility and decrease tension in your body. Learn easy and effective myofascial SELF-MASSAGE techniques using therapy balls to enhance performance, prevent injuries, and relieve stress in your soft tissues.

Four Sundays

11:00-12:00pm



Learn how to use Yoga Therapy Balls with corrective movement exercises to erase pain, improve posture, enhance breathing capacity, prevent injury and/or expedite recovery. Each class will focus on a different body part; either lower body, including lower back, hips and hamstrings, or shoulders and upper back/neck. All levels and abilities. welcome. You will leave feeling refreshed in body, mind and spirit!

*\$25 per session*

Therapy balls available for purchase.  
Class is limited to 8 students.

PLEASE CONTACT MONICA TO SIGN UP: [MONIBRAVO@ATT.NET](mailto:MONIBRAVO@ATT.NET) OR 707.321.9484