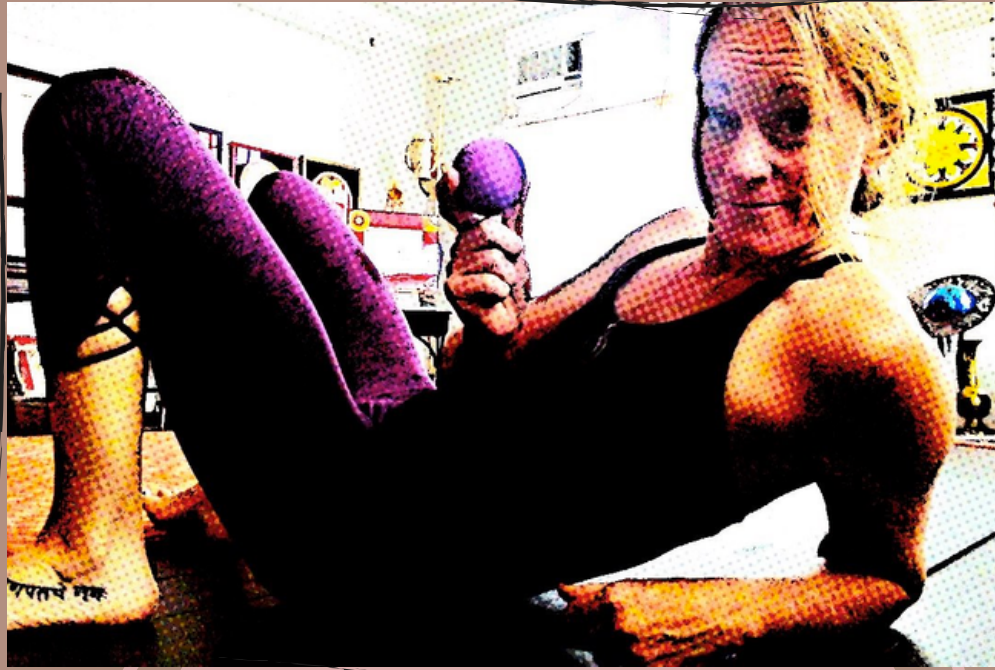


ROLLING AND DEEP STRETCH CLASS FOR CHRONIC PAIN AND STIFFNESS



Sunday April 23

4:30-5:45 PM

\$30

In this 75 min workshop you will learn and practice ways to alleviate muscle tension and knots in shoulders, back, hips and legs by rolling on a lacrosse ball (or foam roller). Includes lacrosse ball and hand outs to take home for future use

Location: On the Mat Yoga Studio, Concord, MA

Questions? email KellyWesternYoga@gmail.com

Go to: www.onthematyoga.com to sign up!



yoga for stiff people