



FRIDAY, NOVEMBER 2 2018 6-8PM

HEAD 2 TOE WITH YOGA TUNE-UP BALLS!

Yoga tune-up therapy balls help you with 3 P's; **p**ain, **p**osture and **p**erformance. The balls help ease pain, improve posture and enhance performance. During this class you will be using 3 different sized balls to target different areas and tissues of the body. The yoga tune-up therapy balls are made of a special rubber that grips at your skin, grabs at multiple layers of muscles, and rubs out adhesions and tension- providing a deep tissue massage. You decide how much pressure to apply, as little or as much as you need.

Registration and payment of \$40 (by e-transfer) can be made to holly@syner-g.ca

Hope to see you there!



\$40 per person
(HST included)

Guided by
Stacey Bolton
Hosted by
Holly Milliner RMT

No experience
necessary! Just
bring a yoga mat,
blanket and get
ready to work!
(and relax)

Learn more about
your body as you
release tension
and increase
circulation by
working head to
toe with the balls,
leaving you feeling
relaxed and
refreshed.

**GOULBOURN TOWN
HALL**

**RR 3 - 2135 Huntley RD
Ottawa, ON**