

Intro to Self Healing Class

Class Description:

This is a basic class designed to teach patients how to stretch using the principles of myofascial release. We will learn body and breath awareness and relaxation techniques. These classes are intended to be an adjunct to your individual therapy sessions and are tailored to all levels and abilities. *This class is a pre-requisite before transitioning to the Self Healing Class which will be tailored to each individuals needs.*



Dates/Times (Length = 1 hour):

(Attend one of the times listed below)

Cost \$25

- Monday, October 10th at 11:30 AM
- Thursday, November 10th at 4:30 PM
- Thursday, December 8th at 11:30 AM

Location: Natural Balance Therapy Clinic



Space is limited, call and register TODAY for one of these convenient times! 262.746.9090