

# 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**

- Thursday, September 2nd at 5:30 PM
- Monday, October 4th at 11:30 AM
- Monday, November 1st at 5:30 PM
- Thursday, December 2nd 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