

SELF HEALING CLASS

Class Description:

The Self Healing Class addresses more individualized needs of the class participants. We will learn how to bring awareness back into our body, as well as global stretches for full body wellness. In this class we will learn how to incorporate self-treatment tools into our self care. *This class is a pre-requisite for the Advanced Self Healing Class.*

Class Cost
\$25

DATES/TIMES (LENGTH = 1 HOUR):

- THURSDAY, SEPTEMBER 16TH AT 1:00 PM
- THURSDAY, OCTOBER 21ST AT 5:30 PM
- TUESDAY, NOVEMBER 16TH AT 11:30 AM
- TUESDAY, DECEMBER 14TH AT 6:00 PM

LOCATION: [NATURAL BALANCE THERAPY CLINIC](#)

Prerequisites:

- Intro to Self Healing Class
- Existing Client of Natural Balance Therapy
- Purchase Myofascial Stretching book (\$31.50) and 4" Ball (\$5.00) - separate cost from class cost

Space is limited, call and register TODAY !
262.746.9090