

THERAPEUTIC YOGA & FUNCTIONAL MOVEMENT

STARTING APRIL 2nd
JOIN ME ON TUESDAY & THURSDAY
8-9 AM AT MY HOME STUDIO

IMPROVE YOUR POSTURE AND ALIGNMENT,
LEARN TO OPEN YOUR FASCIA,
CONNECT TO YOUR BODY AND
EXPLORE WHAT MAKES YOU MOVE FUNCTIONALLY

SPECIAL PRICE
10 SESSIONS FOR \$100
2X A WEEK = 5 WEEKS
1X A WEEK = 10 WEEKS

SIGN UP TODAY / LIMIT 8 PEOPLE

443-865-4779

afit4you@verizon.net



YOGA4YOU