



BODY ROLLING WORKSHOPS

WITH KANDY DUKE

SAVE YOUR HIPS / SAVE YOUR BACK

PRE-PAY REGISTRATION REQUIRED

\$22/class --2 for \$42--3 for \$62—all 4/\$82

SUNDAY, DEC. 18TH

Save Your Hips

Noon - 1:30 pm

- Release all the muscles involved in hip movement.
- Align your hip joints.
- Integrate skeletal integrity from your hips to your feet – from your hips to your head.

Save Your Back, Part I

2 to 3:30 pm

- Work the lower & middle back.
- Create space between your vertebrae for a healthier back.
- Feel a chiropractic adjustment and a massage while increasing abdominal strength.

Kandy Duke is a Certified Yamuna Body Rolling Practitioner, Yoga and Pilates Mat Teacher, Healing Touch Practitioner who returns to teach at Sanibel Yoga a few times a year.-

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