



BODY ROLLING WORKSHOPS

SAVE YOUR SHOULDERS --- SAVE YOUR BACK- PT II

PRE-PAY REGISTRATION REQUIRED

\$22 per class / 2 for \$42 / 3 for \$62 / 4 for \$82

THURSDAY, DEC. 22ND

Save Your Shoulders

Noon - 1:30 pm

- Release tension in your shoulders for better posture.
- Free restrictions from frozen shoulders and rotator muscle tears.

Save Your Back, Part II

You do not need to have taken Part I to join us for Part II.

2 to 3:30 pm

Work the middle and upper back.

- Create space between your vertebrae for a healthier back.
- It's a great addition to round out the shoulder work.

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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