

SAVE YOUR SHOULDERS

BODY ROLLING WORKSHOP

Sunday March 13th -2-3:30pm

- Learn to release tension in your shoulders for better posture.
- Free restrictions from frozen shoulders & rotator muscle tears.
- Define your shoulder muscles for that long, lean look.

WHERE: Sanibel Yoga

PRICE: \$20

Pre-registration is required- Call: 239.738.3856

**Taught by Kandy Duke: Certified Yamuna Body Rolling Practitioner
Yoga and Pilates Mat Teacher**



It's a small part of an ongoing Body Sustainability program for your entire body

- Align all your body parts correctly
- Make sure all your joints have their optimum range of motion.
- Remove restrictions-old injury patterns, scar tissue, adhesions, & bad posture that deter you from your favorite exercise regime
 - Elongate, tone, and align all the muscles of the body.
 - Develop a long, strong, flexible and aligned spine.