

Therapeutic Stretch Monthly

Experience deep Neuro-Fascial Release created by Karen Claffey

2nd Wednesday of the month at 5:30-6:30 pm

Autumn-Winter Dates: Nov 12, Dec 10, Jan 14, Feb 11, Mar 11.

What does Therapeutic Stretch involve?

- releases tension and restrictive holding patterns in the neuro-fascia.
- variety of targeted stretches and poses supported by blocks/bolsters
- releases specific areas of the body where tension occurs
- improves posture, expands rib-lung motion for increased breath capacity, and overall to reduces stress.

What do I need to bring to this class?

Please bring your yoga mat (or we have spare mats available). Water bottle (opt).



Fees incl HST space permitting: \$35 per class | \$60 for 2 classes | \$125 for 5 classes

Included for participants with a 10-Class Package for TRX, Ball & Yoga

Payment via e-transfer to admin@heaven-onearth.ca (note there is a dash after heaven).

Minimum 5 and maximum 10 participants. Pre-registration is required.

Participants need to be able to: Get up and down on their yoga mat without assistance. Be comfortable in a variety of positions including side-lying, prone, supine, and/or in table pose (on hands and knees, blankets are available to cushion the knees). Yoga experience is not required