

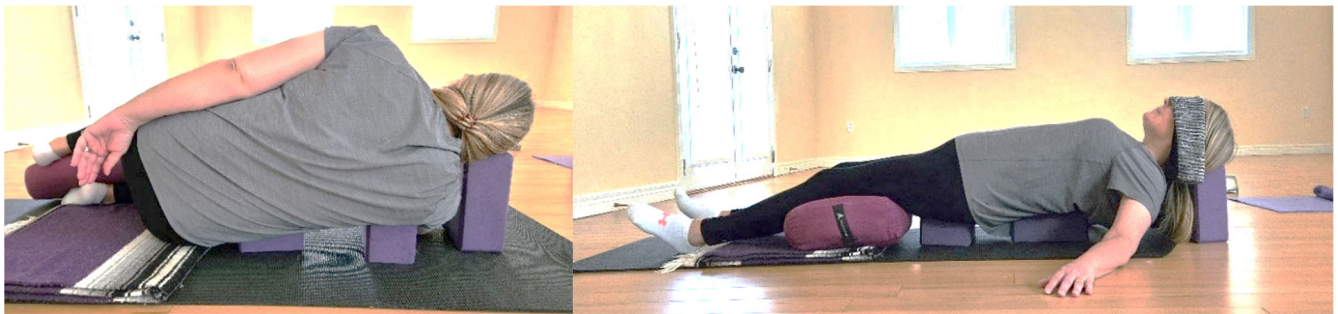
# Therapeutic Stretch Monthly

*Experience a Neuro-Fascial Release series created by Karen Claffey*

Karen invites you to join her for a special Therapeutic Stretch class on the  
**2<sup>nd</sup> Wednesday of the month at 5:30-6:30 pm**

## What does Therapeutic Stretch involve?

This class is designed to release tension and restrictive holding patterns in the neuro-fascia. The class includes a variety of targeted stretches, as well as poses supported by blocks and bolsters to help release areas of the body where holding and tension is most likely to occur. These stretches and poses are designed to improve posture, expand rib-lung motion for increased breath capacity, and overall to reduce stress.



## What do I need to bring to this class?

Please bring your yoga mat. Otherwise, we have a few spare mats.

**Winter Series Jan-Feb, 2025: Jan 8, Feb 12**

**Spring Series Apr-May 2025: Apr 9, May 14**

Fees incl HST: \$60 for 2-Class Series. Or \$35 p/class space permitting

Payment via e-transfer to [admin@heaven-onearth.ca](mailto: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*