

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
2nd 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 positions are supported by blocks and bolsters, placed in different areas of the body targeting where holding and tension is most likely to occur. Releasing the neuro-fascia promotes postural balance, easier breath and reduced stress.



What do I need to bring to this class?

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

Autumn Series Nov-Dec, 2024: Nov 13, Dec 11

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

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

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