

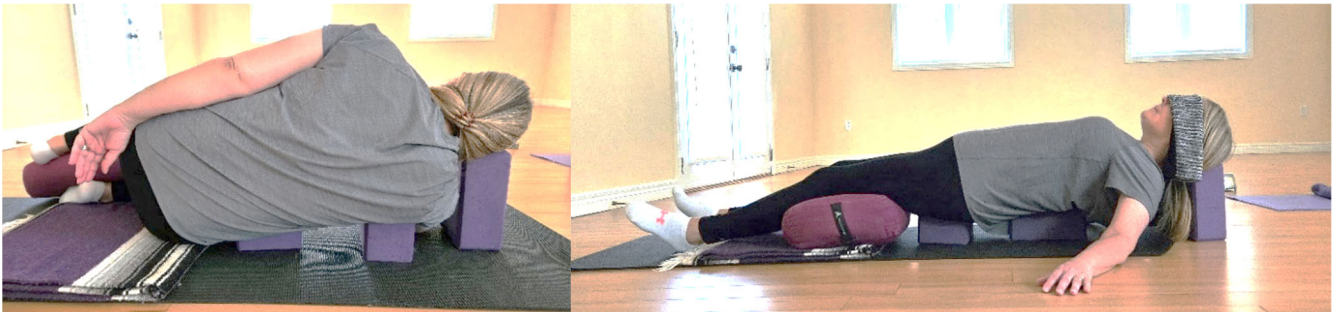
# Therapeutic Stretch Monthly

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

Karen invites you to join her for a special Therapeutic Stretch class on the **3<sup>rd</sup> Wednesday of the month** – starting in October.

## 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 Oct-Dec:

Oct 16, Nov 20, Dec 18 at 5:30-6:30 pm

## Winter Series Jan-Mar:

Jan 15, Feb 19, Mar 19 at 5:30-6:30 pm

Fees incl HST: \$90 for 3-Class Series Oct-Dec or Jan-Mar. \$160 Special for both series.

Flex-Option space permitting: \$120 for any 4 Classes Wed Oct to Mar. Or \$35 p/class.

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*