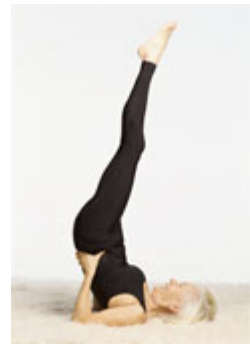




Essential Stretching for Flexibility and Pain Management



Thursday, July 16, 2010

11330 Vanstory Dr.

Huntersville, NC

7:05pm to 8:35pm

\$55 - *Registration in Advance*

\$69 - *Registration at the Event*

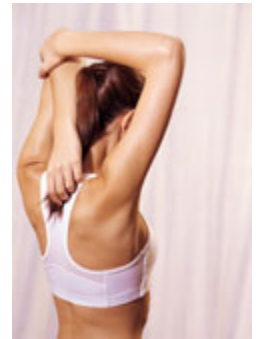


Expect to learn:

- Specific stretches for major muscle groups
- How to strengthen and stretch in the same routine
- How posture can improve in less than 15 minutes
- When is stretching not healthy
- Guided instruction on 8 essential yoga postures

What to bring:

- Towel
- Drinking Water
- Yoga mat or similar
- Stiff body



Healthy Living... Naturally!

704 895-6788

