

WEDNESDAYS 10-11:15^{AM}

Participants are welcome to join our Saturday class (10-11:15^{AM})



First Class **\$5**

Drop-in Class **\$15**

4 Class Package **\$42**

Cash • Check • Venmo • Zelle

Checks payable to: **Cash -or- Metta for Life**



venmo

@Karen-Keusch



Zelle

KarenKeusch@gmail.com

*All classes are in the 2nd floor Poker room
Walk-ins are Welcome!*

REGULATE

- Digestion
- Circulation
- Blood Sugar
- Mood Swings
- Blood Pressure

BOOST

- Energy
- Balance
- Strength
- Flexibility
- Endurance

REDUCE

- Stress
- Anxiety
- Insomnia
- Chronic Pain
- Overactive Mind

Email, text or call to reserve your chair

MettaForLife108 @ Gmail.com • 609-212-3222

Book a private session of: Thai Table or Chair Massage

YTT 200 hr, HYTT 50 hr, RYTT 50 hr, Reiki Master • Certified Thai Yoga Massage Practitioner