



YOGA BALL THERAPY

Focus On Chest, Shoulders, Upper & Lower Back, Shoulder and Hips

December 11th w/ Debby Dowling ~ 75 Minutes!!!

Sunday 12/11
10:30-11:45 am

\$12 per person

NON HEATED

All levels welcome,
no experience
required.

Feel tight, tired, sore?
Want to improve your
flexibility and mobility?
Been to ball therapy
but want more?

Come to Yoga Ball
Therapy!!!

Using specially
designed balls, follow a
sequence designed to
release aches and
pains but also improve
flexibility and mobility
issues throughout the
body.

Yoga balls differ from
tennis or golf balls, Not
only do they vary in
size, they are made of
all natural rubber so
are able to provide soft
tissue conditioning of
by using myofascial
muscle release. Plus,
their design ensures
that you are in total
control of how deep
into the fascia you go.

It's like a massage that
you can give yourself.
But even better, you
get to take your balls

home to continue the
work.

Anyone of any fitness
level welcome. A true
investment in self care!

Please Note:

If you need a set of
2.5" balls, add \$15

If you need a large 9"
soft ball, add \$8