



Fitness Therapy for Everyday Living™

## Yoga Tune Up® Therapy Balls: Strategies for Self Care



**Date: Sunday, Nov. 24th**

Location: The Hub Yoga Studio

2001 S. Barrington Ave, Los Angeles, CA 90025

**Time: 2-4pm**

Instructor: Stephanie Fish

Cost: \$40 pre-register, \$50 at door – price includes a set of yoga tune-up balls

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**Using the Yoga Tune Up® Therapy Balls**, learn specific techniques that will instantly roll out tension, improve your breathing capacity, break dysfunctional movement patterns, and provide invaluable insight into your own anatomical architecture. Easy and effective self-massage techniques will address each major area of the body and teach you how to reduce and/or eliminate pain, prevent injuries, and augment whatever movement practice you most enjoy. Recover from the physical demands of daily life! Reach every ache and give your body the massage it deserves -- every single day!

No Yoga experience necessary. Students of all levels are welcome!

Stephanie Fish has been teaching yoga and corrective exercise for 10 years along with studying with Jill Miller, the creator of Yoga Tune Up®. Stephanie is also Nationally Certified in Therapeutic Massage and Bodywork, along with being board-certified in Structural Integration (Rolfing) and Aston-Patterning. For more information, visit her website: [www.alignmentfirst.com](http://www.alignmentfirst.com).

*Contact The Hub to Register: 310-575-4200, [info@thehub-la.com](mailto:info@thehub-la.com)*