

ROLL OUT YOUR STRESS

# YOGA TUNE UP®

WORKSHOP  
THERAPY BALL

with **Stephanie Fish**



Instructor: **Stephanie Fish**

Learn more about Stephanie at  
**[www.alignmentfirst.com](http://www.alignmentfirst.com)**

*Classes are limited to 20 participants  
Sign up on Booeko.*

**Sunday, June 22, 2014**

1pm-3pm

**\$40** for members

**\$45** for non-members

Using the Yoga Tune Up® therapy balls and informative movement explorations you will learn how to release unnecessary muscular tension, improve body awareness and proprioception, enhance range of motion and functional strength of your upper body for better climbing, everyday posture, ease in daily activities and injury prevention.

**This will be the first in a series of three classes covering different parts of the body. Next class will be in September and the last one in December.**

Register today!

Visit [senderoneclimbing.com/booeko](http://senderoneclimbing.com/booeko)

