

YIN ROLLER METHOD

@THE WELLSRING WARBURTON

1.30-4.30PM

MARCH 10



Yin Yoga and Foam Rolling

An afternoon of deep relaxation

Michelle Redman of Vitalitymoves has developed this system of rolling, stretching and rebounding in yin postures to bring deep relaxation to the mind, body and spirit. Come and learn this method to relax and restore your whole being.

Connecting the 2 practices, TCM meridian theory and breath, this practice offers a unique system for your muscles, fascia, lymphatic and nervous systems.

Booking and payment essential to confirm your place, all equipment provided. Limited to 12 students.

<https://www.trybooking.com/354979>
<https://www.trybooking.com/UFDB>

\$55 or \$45 concession

contact Michelle 0409591094
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www.vitalitymoves.com.au

1.30-4.30pm Saturday March 10th
The Wellspring Warburton
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