

RESTORATIVE STRETCH 55+

“ Give yourself permission to Rest, Restore & become a Master of your Breath!”

- WHEN:** EVERY TUESDAY 6:30 - 7:30 PM
EVERY THURSDAY 6:30 - 7:30 PM
EVERY FRIDAY 3:30 - 4:30 PM
EVERY SATURDAY 10:00 - 11.00 AM
Please arrive 5-10 min before the class!
- LOCATION:** LONGWOOD REHABILITATIVE SERVICES
2629 West State Road 434
Longwood, Florida, 32779
- SAVE YOUR SPOT:** Call: 407-774-1716 or TEXT: 407-920-0412 (Lis - Instructor)
- COST PER 1 CLASS:** \$15.00 (When purchased set of 5 = \$75; set of 10 = \$150)
\$18.00 (Individual class)
Accepted: CHECK or CASH (pref.)
- CANCELLATION POLICY:** 6 hours prior to the class without a charge.
- CLASS SIZE:** 15 PEOPLE MAX
- CLASS DESCRIPTION:** It is 60 minutes of private practice for neuro based yoga and mind body connection approach to manage anxiety, chronic pain, stiffness, and functional limitations with evidenced based slow stretches and breath work. In addition, someone who is challenged with transitioning to the floor and up, has a history of surgeries and/or joint implants that make traditional exercising difficult and unsafe - this wellness routine might be the perfect choice! Personal attention with specific coaching throughout the class in a small group setting (up to 15 ppl) allows us to provide excellent results for numerous clients, increasing their quality of life and helping them to return to better daily function.
- All workout takes place in sitting, standing and on the treatment tables.**
- This class will not require to be on the floor.**
- Wear comfortable stretchy clothes.
Bring your own water bottle. Shoes are optional.

REGISTER TODAY - SPACE IS LIMITED!!!
CALL: 407-774-1716 or TEXT: 407-920-0412 (pref.)