

# **Yamuna Body Rolling**

## **SAVE YOUR KNEES**

*Workshop with Jennifer Cooper*

**April 14, Sat. 9:30 - 11 am \$20**

*The knees are one of the most challenging joints in the body to care for. They need to be aligned correctly with both the hips and the feet and ankles for them to function without wearing down. They also need to have proper space in the joint so they glide smoothly and efficiently. With the right information you can keep your knees from wearing out so they actually last a whole lifetime!*

## **The Yoga Center**

449 Forest Ave. 774-9642

[www.maine yoga.com](http://www.maine yoga.com)

