

# Yamuna Body Rolling

**Jennifer Cooper**

**Tues 9:15-10:15am**

**9 weeks only \$99**

**(drop in \$15)**



*Yamuna Body Rolling stimulates bone, releases muscle tension, creates space in the joints, strengthen the core and brings circulation to connective tissue. Also, it's fun and feels good! Please bring your own balls if you have them.*

## **Focus of classes**

**Sept. 11: Introduction**

**Sept. 18: the spine**

**Sept. 25: legs/knees**

**Oct. 2: shoulders/neck**

**Oct. 9: lower back**

**Oct. 16: upper back**

**Oct. 23: hips**

**Oct. 30: legs/feet**

**Nov.6: students choice**

## **The Yoga Center**

449 Forest Ave. 774-9642

[www.maineyoga.com](http://www.maineyoga.com)

## **Special Saturday Workshop:**

**Sept. 29 9:30-11 am**

**only \$20 (\$15 for current students)**