

# Return to Living with NBT's Wellness Options

## Inner Awareness With Linda

60 minute  
One-on-one session

Learn simple self-care techniques  
to eliminate pain at home  
using myofascial release

### You will learn:

- Breathwork
- Body awareness
- Relaxation techniques
- Use of myofascial tools

**BONUS:**  
FREE 4" ball

**How to schedule:**  
Call or email



**Release • Empower • Freedom from Pain**



## Natural Balance Therapy

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Pewaukee, WI 53072

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## MFRevive Class

Integration of myofascial release,  
unwinding, along with breath and  
mind-body awareness while in  
Yin/restorative yoga poses.

75 minute  
weekly, ongoing classes

### Class Schedule:

Monday 5:15pm-6:30pm OR  
Thursday 12:30pm-1:45pm

Limited class sizes, no walk-ins,  
reservation required,  
**Pre-req:** Inner Awareness

**How to schedule:**  
Call, email or events  
page on website