



MFRevive

A Return to Living

with Amy Beyer, LAT, LMT

Are you ready to add light stretching or gentle yoga into your life? Do your tight muscles cause you pain or limit your movement?.

Join Amy as she integrates myofascial release and unwinding, along with breathing and mind-body awareness, while in yin/restorative yoga postures.

This gentle combination approach will help your body find alignment and to develop an effective way of achieving a more fluid, healthy body so you can enjoy a more fulfilling

Benefits you can expect:

Increased fluidity of movement
Decreased tension and pain
Eased physical and/or mental stress



Evening Class Offering:

Mondays - 1/7, 1/14, 1/21, 1/28 from 5:15 - 6:30 PM

Day Class Offering:

To be determined

Cost: \$25/class

Props will be used for support to meet your body where it is at.

Space is limited: sign-up on our website's Event page or call the clinic.

Pre-Requisite: Inner Awareness Class

Natural Balance Therapy

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