Fluid
movement + massage

Yoga and Myofascial Release

with Anne McCranie

We start with a sixty minute gentle flowing yoga Vinyasa series, followed by thirty minutes of Myofascial Release (self massage) to release tight muscles and improve circulation. The studio provides foam rollers, tennis balls and super balls.

Register online! www.sellwoodyoga.com

WHERE: Sellwood Yoga . 7970 SE 13th Ave. Portland
WHEN: Sunday . July 10th, 2011 . 12:30-2:00pm
COST: $20.

sellwood yoga align integrative wellness center

FOR MORE INFORMATION EMAIL OR CALL
info@sellwoodyoga.com . 503.575.9982