



Fall in Love with Yoga Tune Up®

* Ball Rolling Self-Massage and Corrective Exercises to Relieve Stress.

September 27th, 8:00-10:00AM

Fitness Therapy for Everyday Living™

Space is limited * Sign-up today

Fallbrook Pilates

433 S. Main St.

Fallbrook, CA 92028

760-731-0731

- Pay \$40 to hold your spot. Make checks payable to Amanda Zerbini. Workshop fee does not include price of optional new balls.
- Learn how to utilize ball rolling massage for low back, hips, neck, shoulders, feet and more.
- Bring your own yoga mat, strap and blocks if you own them.
- Bring your own YTU balls, borrow mine and/or buy new Classic and Alpha balls at workshop for \$12/set.

How Will You Benefit from Yoga Tune Up®?

Yoga Tune Up® is a fitness therapy format built around the three P's – Pain, Posture and Performance. It helps eradicate pain, improve posture and enhance performance through a unique blend of corrective exercises, self-massage and yoga.



Presented by Amanda Zerbini

Visit <http://sandiegoyogafitness.com> for more info.

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