

Get Back Into Shape

February 1 – 26



- Feeling a bit fuzzy - kinda off balance?
- Posture caving in from using the computer?
- Lower back pain and shoulders creeping up?

Each Week Learn Some Self-Help Tools



Get In Touch – Stretch / Meditate

Stretch – Meditate – Stretch

Sundays

10:30 – 11:30 AM

Self-Acupressure and Stretches

Reduce Muscle Stress of the Neck, Shoulders, Arms, Hands, Lower Back, Legs, Knees, and Feet

Wednesdays

5:45 – 6:45 PM

Combo: Self Acupressure – Stretch – Meditate

Great way to end your workweek

Fridays

5:45 – 6:45 PM

Cost:

Punch Card of 4 = \$ 60

Punch Card of 8 = \$ 100

**Location: 1945 Pauline Blvd., Suite B
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