

RESTORATIVE YOGA

Joint Pain? Body fatigue? Feel stressed?
Gentle postures with a focus on relaxation, healing and realignment. Increase balance, strengthen the spine and back, open hips and shoulders, with greater range of motion, stability and pain relief. Also excellent for runners and cyclists to address flexibility and counter-stretching for healthy structural alignment.
Bring a yoga mat and blanket, some also available.

Free Sampler

- **Tuesday, April 5, 10-11:15am**
- **Location: HGB Wellness Center**
- **FREE**
- **Instructor: Martha Limauro**

When Does the Restorative Yoga Class Start?

- **Each Tuesday, April 12 – May 31, 10-11:30am**
- **\$77/\$96 member/non-member for 8 weeks**
- **\$14 walk-in**

Call or Stop by the HGB Wellness Center to Reserve Your Spot Today!

Wellness Center Hours

Monday through Thursday 5:30 AM to 9:00 PM
Friday: 5:30 AM – 7:30 PM
Saturday: 7AM - 3PM
Sunday: Noon – 5PM

517-543-9575

www.hgbhealth.com/wellnesscenter

Personal Wellness

RESTORATIVE YOGA

TOGETHER IN HEALTH

