

Self Care with Foam Rollers and Balls



With Jill Gaumont



New exercises with each workshop

Saturday, April 21, 2018

12:00 - 1:00 pm

Cost: \$20

Using foam rollers, yoga balls and alignment principles, Jill will show you how to release long-held patterns of tension in your body.

Participants require their own balls and foam rollers (full and half size).

These are available to purchase in studio - 10% off for workshop registrants.

Register today!