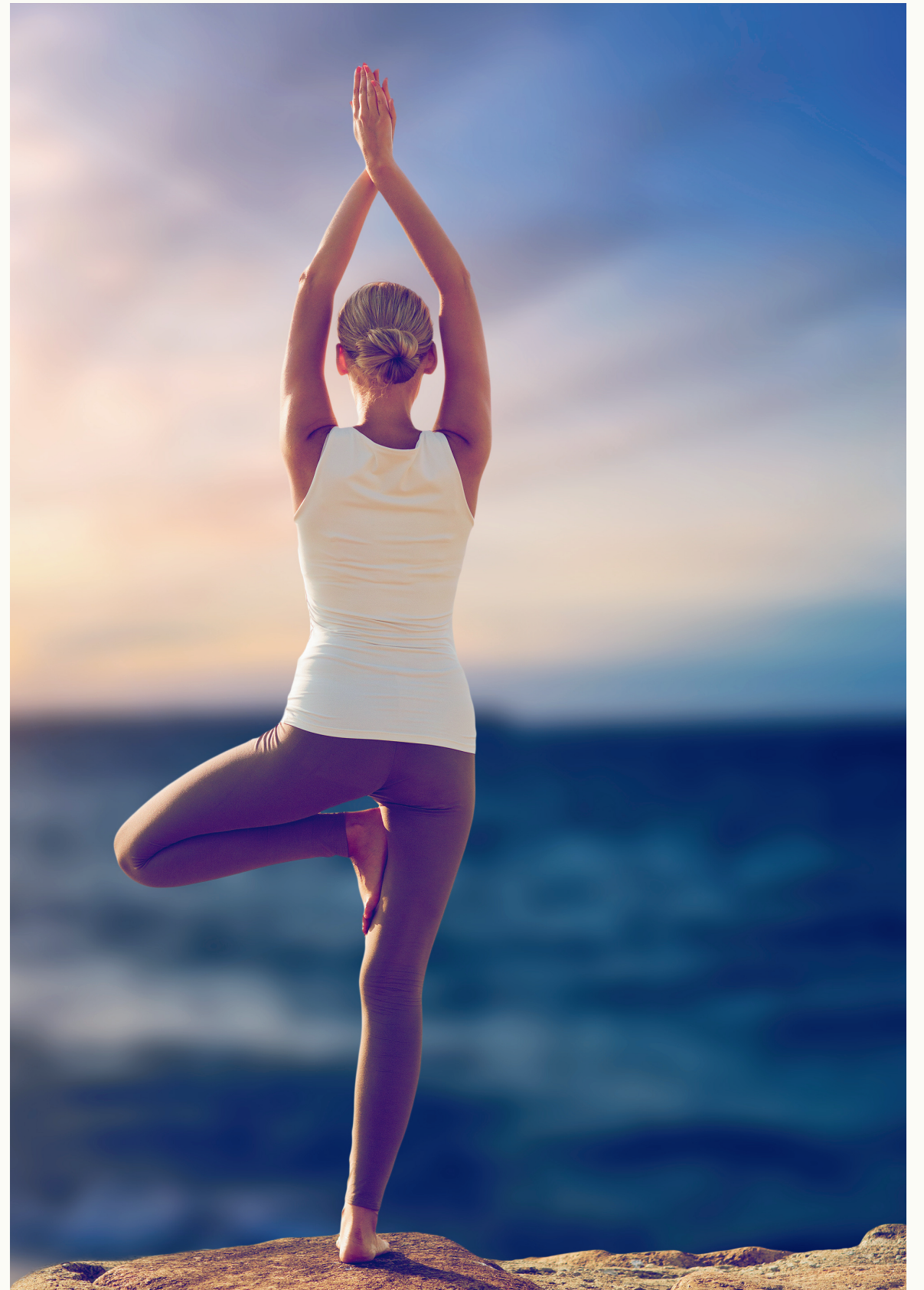


WEDNESDAYS

9:15-10:15 AM

Yoga for Strength & Mobility

with Molly Dahl



This class will focus on:

- Balance to strengthen the core muscles
- Mobility to support functional movement patterns with a wider range of comfortable, easy movement - with less pain.

As we work on balance, range of motion, and ease of movement, we will bring awareness to the brain and the patterns of the mind. As we incorporate bilateral postures and actions, we necessarily enhance the cerebellular reconstruction process - we support the brain in its innate process of neurogenesis.

\$20 WEEKLY DROP-IN
\$175 FOR A 10-CLASS PASS



4560 S CARSON ST. STE 1

Questions? email Molly
dahlingmolly@gmail.com