



# Dump the Slump!

Friday, January 11<sup>th</sup> 2019

Noon to 1:00 at MYB Studio

*Yoga and Myofascial Release for the Neck and Shoulders  
Yoga On and Off the Matt Specialty Class*

This class is perfect for all types of skiers, massage therapists, and persons who spend a lot of time in front of a computer. These activities tend to shorten and tighten the muscles of the shoulders and neck. Using props (foam rollers, pinky/tennis balls) you will learn how to unwind tension and soften muscles to get a good night's sleep.

To kick off 2019, this class is offered **FREE** to all MYB and Therapy Links punch card holders, as well as, patrons of private Pilates/yoga with Lori, Ashley or Mary.

There is a limited supply of props so **PLEASE bring your own foam roller, tennis/pinky/yoga tune up or Yuma Body Rolling Balls.**

Drop in's: \$10.00

**Contact Mary Schmidt if you have questions or to  
RSVP: 208-238-3270**

