

roll it out!

Foam Roller Class

Weekly Class

Thursdays 10am - 10:50am

with Sue Herbertson

We'll use soft foam rollers and various smaller balls to roll out our entire body, hands & feet

Greater freedom & comfort in your body!

- Release tension
 - Increase range of motion in joints
 - Improve posture & balance
 - Hydrate your connective tissue
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Drop-In anytime: \$20

4 x Class Pass: \$72

expires in 5 weeks from purchase

Please wear comfortable, **fitted** clothing

Bring yoga mat & roller if you have.

Rollers available to use or purchase if desired.



Feeling alive & vibrant in my body is what makes me thrive. As a somatic educator & pilates teacher, I continue adding more healing modalities to my practice. Come join me and feel the benefits of the foam roller. Amazing!
-Sue Herbertson

BodyVibe Studio • 999 Andersen Drive, San Rafael

Lots of free parking & friendly space

www.BodyVibeStudio.com / 415-577-4621