

# Weekly “Undoing” Class



*Learn techniques you can use daily to undo chronic muscle tension, relieve stress, and bring deep relaxation to your body. This will allow you to more effectively flow with and enjoy your life.*

**Sundays beginning February 12, 2016 at 1 p.m.  
Natural Connection Wellness Center, 313 4<sup>th</sup>  
Street, Huntingdon, PA 16652**

*The event is free, but a donation to the Huntingdon Health & Wellness Association is appreciated.*

*Call or email instructor Nathan Woods at 814-599-2233*

*or [nwoods@comcast.net](mailto:nwoods@comcast.net) for any questions. Hope to see you there!*