

# YOGA

## Posture & Pain Remedy



Join Julia for Posture & Pain Remedy class  
**Weekly sessions** at [BodyVibeStudio.com](http://BodyVibeStudio.com)

- Learn how to live pain free
- Gain flexibility and strength
- Improve your posture

### WEEKLY CLASSES

Every Wednesday

6:30pm - 8pm

4x Session Series: \$100

\$30 Drop-In • Purchase at class



**Julia Lorimer, Certified Yoga Therapist**  
Pain Relief Specialist, Health Coach  
Yoga, Meditation, Vedanta & Sanskrit  
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