

YOUR PRACTICE IS YOUR MEDICINE

TUESDAY,
SEPTEMBER
17 AT 6:30PM

YOGA IS A PRACTICE YOU CAN MAINTAIN THROUGH LIFE-ONE THAT CAN HELP DEVELOP AND INCREASE STRENGTH, FLEXIBILITY, AND BALANCE.

MINDFUL MOVEMENT CAN HELP MANAGE STRESS, DECREASE CORTISOL (THE "STRESS HORMONE") AND HELP WITH CONCENTRATION.

THE KEY IS ADAPTING YOUR PRACTICE TO YOUR CURRENT NEEDS: YOUR HEALTH, YOUR BODY, AND YOUR ENERGY LEVEL.

This event is part of
Just Get Fit's
complimentary
educational series.

We'll talk about and try out skillful ways to adapt poses and practice to what your body needs. Please wear comfortable clothes you can move in. Mats and soft yoga blocks will be available for use. Bring a blanket you can fold to sit on if you have one.

TO SIGN UP:

☎ **850.629.4806**

✉ info@justgetfit.fitness

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