

Nurturing Your Lower Back

with Denise Bunch

Saturday, October 27, 2012

1:00 PM—3:00 PM

Cost: \$35

*Postural Work,
Asana, Discussion,
and Relaxation!*



Come learn how to address your lumbar and pelvis areas. Explore and learn more about you own anatomy and how to take care of yourself both in class and out!

