

STAFFORD HILLS CLUB

YOGA FOR A

*Healthy  
Spine*



**EXPLORING THE ANATOMY AND  
FUNCTION OF THE SPINE**

Saturday October 19<sup>th</sup> | 1pm-4pm  
\$50/Member \$60/Guest

Learn how your spine works by exploring & understanding your specific range of motion and areas of decondition. We'll then use restorative yoga designed to encourage stability and balance so you can avoid injury and stay active!

**Register on the Stafford Hills App or  
contact the front desk.**

**MYOFASCIAL RELEASE  
TECHNIQUES FOR THE SPINE**

Sunday October 20<sup>th</sup> | 1pm-4pm  
\$50/Member \$60/Guest

Learn about the function of the body's fascia and latest in myofascial release techniques including what to avoid. You'll leave with an understanding of what specific exercises you can utilize anytime to help increase range of motion, muscle recovery and muscle function.