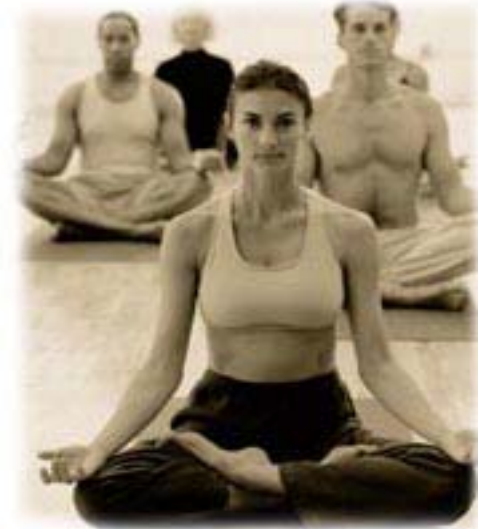




EVERETT PHYSICAL THERAPY
SPORTS PERFORMANCE CENTER
AN IRG AFFILIATE

Stretch Your Body and Free Your Mind

Now Offering Yoga Classes



Monday & Wednesday
7:30AM-8:30AM

Yoga is an ancient practice designed to increase flexibility, balance and strength in mind, body and soul. We will work together to attain these traits through mindful practice of various physical postures (asanas), breathwork (pranayama), and meditation.

Benefits of Yoga:

Increased flexibility and mobility in muscle and joint spaces

Increased overall strength and muscle tone

Improved posture and spinal alignment

Improved circulation

Decreased blood pressure

Decrease stress and anxiety

Cost: \$80.00 month unlimited for all classes offered or \$10.00/session

Call Everett Physical Therapy & Sports Performance Center to sign up

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