



'R3' – ROLL, RELEASE & RESTORE

Friday 3 February
5:30-7:30pm

In this workshop, we'll be using balls and rollers to release tension in the muscles and fascia (connective tissue) as well as stretching out tight and tired muscles.

This work - also known as *Myofascial release* - targets areas of the body that are tight and compressed, leaving you with a deep sense of relaxation and connectedness to your body.

What's more, once you've learned these simple techniques, you can practice at home on your own.

Investment:

\$69 or
\$102.50 with Yoga Tune up Balls

I will be putting an order in for the tune up balls (these are slightly softer than the cork balls) so if you would like a pair ordered for the workshop, please specify when booking.

What you'll need:

- A Yoga/Pilates mat (if you have one),
- 2 x Tune up balls or 2 small cork balls (if you already have a cork ball, we have several more at the studio for you to use - You'll need to let me know if you would like one set aside)
- A rolled up towel
- 2 yoga blocks (if you have them)