

Yoga Ball Massage

Co-led by Cristina and Manny Muros

Take your yoga practice to another level with Yoga Ball Massage. Bring more movement, flexibility, energy, and pliability to your body; stretch deeper and longer, protect your body against injury and come to a deep state of relaxation.

Yoga Ball Massage works in the same way a traditional massage works, except that we work together as a class and guide you in movement on the ball. The ball moves along targeted muscles to stretch them, dislodge tension and discomfort, increase blood flow, and promote healing. Energy is released up the spine, freeing muscles and myo-fascia and stimulating all nerve roots.

This practice helps prevent headaches, low back problems, back, neck, and shoulder tension and problems stemming from the repetitive stress syndromes that pervade our daily lives. Join us for a fun new way to experience and bring more freedom to your body!

Manny Muros – Co-director Yoga Center of Newburyport. Anusara Inspired yoga instructor, Thai Yoga bodyworker.

Cristina Muros – Massage therapist, professional dancer, holistic practitioner.



Date and time:

Saturday August 1st, 10 – 1pm

Cost:

\$30

For More Information:

Call 978-463-4354 or email

center@newburyportyoga.com



Yoga Center
of NEWBURYPORT

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