

New Class – Friday mornings 9am \$20, 1hr



“Myofascial Movement” - What It Takes To Feel Good

This is an individualized (small group) movement class at WPT which incorporates; flexibility, core strength, balance, proprioception, strengthening postures, breathing, Myofascial elongation techniques and self-unwinding. This approach is unique and encompasses your body as a whole with emphasis on personal goals. It will complement your MFR treatment very nicely.

Benefits/Positive changes include:

- Increased flexibility, balance and coordination
- Increase or maintain fascial freedom of restrictions
- Increase muscle performance
- Increase whole body endurance
- Increase circulation, cardiac, pulmonary and metabolic health and immunologic health
- Increase body awareness and proprioception
- Change body composition
- Attain improved sense of well being, posture and self-image
- Positively improve function and quality of life ie: activities of daily living / work / play

“ The average American, softened by modern technology, which increasingly limits his or her physical activity, must think in terms of getting more exercise. It is important for total physical and mental well-being.”

Leon Root M.D., NY Hospital for Special Surgery (1978).