



Yamuna™ Body Rolling Workshop

Instructor: Mary Fazio Time: 10:00 – 11:30 a.m.

Intro/General YBR August 6, 2009

Workshop Fee: Member Fee \$20.00/Non-members \$30.00

Call 630-795-1008 to sign-up or visit us in Fairview Plaza (75th & Fairview)



YAMUNA BODY ROLLING™ is Health, Fitness & Massage rolled into one!

Yamuna Body Rolling™ is a revolutionary approach to health and fitness using balls designed exclusively for this practice. It consists of a series of routines using 6 to 10-inch balls. Unlike other ball exercises, YBR goes far beyond random movement and stretch. It allows you to work specific muscles in detail, to create suppleness in tight areas and optimize range of motion.

Yamuna Body Rolling™ reeducates muscles and stimulates bone, creating positive, permanent changes in the body. YBR is perfect for prevention: prevention of headaches, lower back problems, back, neck, and shoulder tension and problems stemming from the repetitive stress syndromes that pervade our daily lives. Almost every structural problem can be greatly improved with YBR. The routines are easy to follow and can be adapted to people of all ages and physical capabilities.

Call Boundless Energy (630-795-1008) or e-mail kelly@boundless-energy.net to reserve a spot on August 6th. Class is limited to the first ten students that sign-up and reservations are required!