

Foam Rolling & Beyond

with **ARLETTE GODGES** MS, PT, OCS, GCS, MBA

Arlette is an experienced physical therapist, yoga instructor, athlete & promotor of good health & quality of life for all ages.

SATURDAY
MAY 20th
1:30- 3:30pm

\$25 in advance • \$35 at the door

LEARN HOW FOAM ROLLING CAN:

- Increase flexibility & alignment
- Help with recovery of tired & /or stressed muscles
- Enhance your athletic performance while staying clear of injuries
- Promote relaxation & better sleep

Bring your foam roller if you have one, mat & questions. Come & play & have fun rolling around!

P.S. don't skip it because you have an injury or are dealing with active ailments...there are many ways to roll for all levels & purposes.

For more info email Arlette at arlettegodges@align4power.com



ALIGN4 POWER @
Move. Function. Perform.

YAS fitness center
245 Main Street Venice, CA 90291