

# Foam Roller Workshop

**Offered by Core Wisdom**

**Pilates, Massage, Yoga & Lymph Drainage Therapy**

**Learn self massage, stretches and exercises on the foam roller. New foam roller included in price of workshop. If you have a roller and don't want to purchase one, please let us know when you sign up for workshop.**



**WHEN: September 18th**

**TIME: 3pm-4pm**

**WHERE: 1800 30th Street, Suite 216, Boulder**

**COST: \$45 (bring your own roller \$20)**

**SIGN UP: Call Core Wisdom at 303-507-5934  
or on web at [corewisdom.org](http://corewisdom.org)**

**Limited space available, reserve your spot now!**