

CORE WISDOM

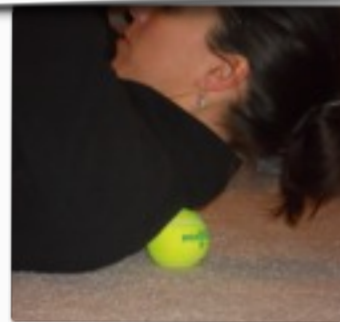
Tennis Ball Workshop

September
25th



Rolling with Tennis Balls

Use tennis balls to open up your spine! Gain a range of motion in your spine, that you may only get after a massage, with the use of tennis balls. We will slowly work down the spine opening to a freedom that you will want to recreate over and over.



Tennis Ball Workshop

September 25, 2011

3pm to 4pm

\$20

Call to sign up: 303.507.5934 or on line at corewisdom.org