

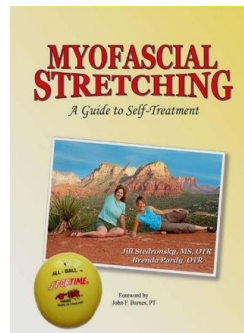


103 Roxbury St., Ste 200c, Keene, NH 03431
To register email info@monadnockmfr.com or
Call 603-355-MMFR

ONGOING MMFR Self-Care and Yoga Classes

Cost: for MMFR clients \$10 drop in, and \$80 package of ten, all others \$15 drop in and \$100 package of ten. **All classes are held at Essential Wellness, 103 Roxbury St., Keene, NH**

Keep yourself fascially fit! These classes will supplement your MFR sessions by teaching you how to release your own fascial web with the support and encouragement of the MMFR community.



MFR Self-care with Tools: this class is held the first Tuesday of each month from 12:30-1:30pm. This class will focus on using tools to release your fascial system. You will learn how to effectively, and appropriately use tools such as balls, foam rollers and theracanes to release spot areas of tightness. And, you will be surprised to discover how these areas are connected to the rest of your body. Working with tools regularly will keep your whole system free of restriction!

MFR Style Stretching: This is held the second Tuesday of each month from 12:30-1:30pm. It's focus is on teaching you how to stretch to release your fascia more permanently. Traditional stretching does not get to the deepest layer of fascia, the collagenous barrier. There is a way to stretch to create more whole system and more permanent structural change. This class will maximize your whole bodies flexibility for your active lifestyle. And, prevent further injury.

MFR Movement: Unwinding and Rebounding. This class is only for MMFR clients or those who have experienced JFB MFR. It's held the third Tuesday of each month from 12:30-1:30pm. This class will focus on teaching you how to tune in to your bodies inherent wisdom for healing through movement. You will learn visual and movement meditation techniques designed to wake this system up and invite it to emerge. This class will take your MFR experience to the next level.

MFR Yoga classes with Michelle Davis owner of Essential Wellness, and Yoga Instructor. This class is held weekly on Thursdays from 12:15-1:30pm. Michelle will lead the MMFR community through a series of Yoga poses designed to integrate the new space within the fascial system, and to strengthen areas of weakness. All so the whole body is able to support itself in whatever activity you choose to do. The classes will be for all levels, and mostly gentle flow and Kripalu style.