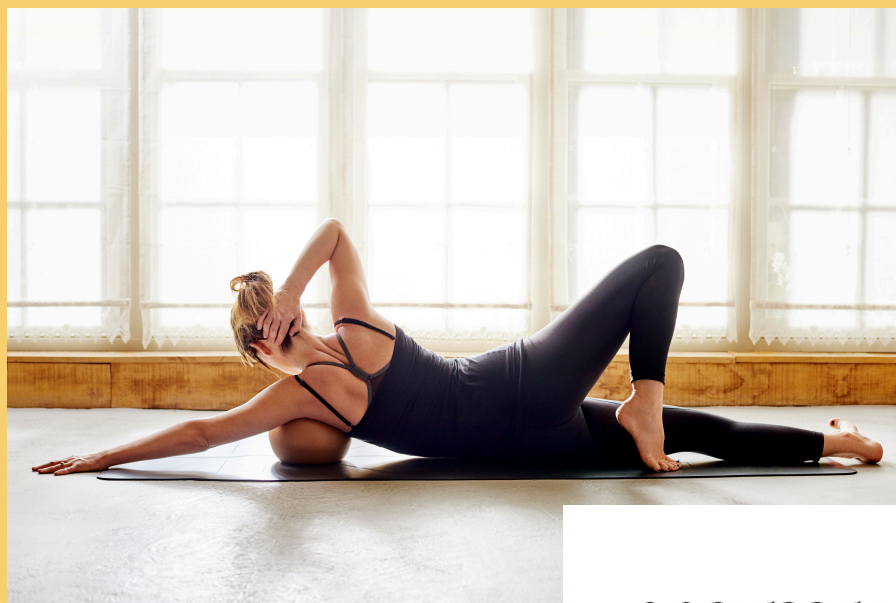


# Body Rolling



Yamuna Body Rolling is based on bone alignment, muscle release and mobility. Allowing you to feel taller and lighter, and look leaner.

The session stimulates the bones to promote growth and increase density and rolls out the muscles from origin to insertion, to release tension and elongate the muscles.

We will also explore how to enhance your Pilates and yoga practice using the Yamuna Body Rolling balls.

The class focus will include hip, glute and lower back release, followed by abdominal length and strength and spinal decompression.

*yamuna*®

**When:**

**Saturday, January 26th  
3pm-4:30pm**

**Due to popular demand, we've  
added an additional session.**

**Saturday, February 2nd  
3pm - 4:30pm**

**\$35 Early bird special (before  
Jan 20th)  
\$40 after Jan 20th**

**Spencer Pilates Arts  
2nd Floor Studio  
718-261-0596**

