

Investigate Release Restore

*It's not Yoga. It's not Pilates.
Free stiff muscles and joints, and discover how physical tension restricts movement*



Replace rigidity with ease of movement, relaxation and calm. Replace shallow breathing with deeper, soothing breath. Investigate and challenge joint stability, and examine the inconsistencies often found in our bodies. Through exploration, we strive to identify and move beyond our limitations in movement symmetry.

This is not a "competitive" class, but rather a time to dig deep inside our bodies and minds and give ourselves what we individually need in the moment to feel our best. A great ending to a hectic day, this class is taught by a different instructor each week, offering participants diverse approaches to the same goals.

This class is held on Wednesdays from 4:00pm-5:00pm and costs \$15.00. Some weeks may be limited in number of participants accepted due to the use of small props. Reserve your spot early.

Please let us know if you have an interest in joining by email, text, or phone:

Tami@tamidurham.com 864-915-0671 or Lisa@pridemores.com 864-346-3275

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