

# MASTER SPINAL TUNE-UP (WITH YOGA WHEEL)

*"Tune-up" your spine through exercises on YOGA WHEEL\* that open up your energy centers and unlock your hips, mid-back and shoulders*

*\*Yoga wheel available for purchase*

**SATURDAY, JULY 20TH**

**11:30AM - 1PM**

**\$24 Pre-registration**

**\$30 Day of Event**



**Curativeyoga™**

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**[www.curativeyogabigfork.com](http://www.curativeyogabigfork.com)**