

# THE YOGA UNIT

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## CHOOSE A BODY ROLLING WORKSHOP SUNDAY, JULY 24 OR SUNDAY, AUGUST 14 TIME: 1:00 TO 2:30

Learn a myriad of myofascial release techniques using a professional foam roller. Monica Mathews, certified in Myofascial Release, will guide you through interactive body rolling as we explore how this exciting self-help therapy has revolutionized pain management and reduced many common repetitive stress syndromes, soft tissue restrictions, muscular alignment imbalances and conditions brought on from overtraining.

**PRO-ROLLER™** Professional quality SOFT foam roller is designed for heavy and repeated use on tight or rigid areas of the body, making it ideal for lying supine; yet it's functional enough for gentle massage rolling. Blue marble, measures 36" x 6". The rollers are easily cleaned using a disinfecting wipe, or a wet cloth with dishwashing or laundry detergent.



**Yoga Unit Unlimited Monthly members who already own a Pro-Roller \$15  
If anyone needs a roller they are \$38 for roller.**

**\$20 for Yoga Unit Package members. \$58.00 for Roller/Workshop combo.  
\$30 for Workshop only for non Yoga Unit members who own Pro-Roller.  
\$68 for workshop and roller combo (non member).**

**Sign up at front desk or call or email the Yoga Unit. Spaces are limited to allow lots of room to "ROLL!"**

**If you already own an OPTP Pro Roller or MELT brand roller, bring it to the workshop. OPTP or MELT Rollers are required for participation. *Other brands and types of rollers are not acceptable for this workshop.***

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