

FREE YOUR FASCIA

MIND BODY WORKSHOP



Led by Catina Topash

C-IAYT, E-500 RYT, Yoga Therapy Faculty, Wilson's Wellness Director, International Presenter and Yoga Teacher Trainer



WEDNESDAY, MAY 6TH
6:30-8:00PM



WHAT YOU'LL EXPLORE

- FOAM ROLLING TECHNIQUES
- MINDFUL MOVEMENT PRACTICES
- FASCIA-FRIENDLY EATING & HYDRATION
- SELF-MASSAGE STRATEGIES
- MARMA POINTS (SIMILAR TO ACUPRESSURE)
- VIBRATIONAL THERAPY

Discover the Hidden World Beneath Your Skin. Fascia surrounds, supports, and integrates every aspect of the body - muscles, tendons, ligaments, bones, organs, cells, nerves, arteries, and veins. It is the living interface through which communication, coherence, and consciousness move.

Join us for a deep dive into the interworkings of fascia and learn how to ease one of the most common causes of pain: fascial adhesion.

If you "haven't got time for the pain," then take the time to be fascinated by your fascia. This workshop offers practical tools to help you move, feel, and live better.

MEMBERS: \$25

QUESTIONS? CONTACT CATINA!

NON-MEMBERS: \$35

CTOPASH@WILSONSFITNESS.COM

WILSON'S ON FORUM | 2902 FORUM BLVD. | [MIND + BODY STUDIO]



Reserve your spot today online at WILSONSFITNESS.COM in your member portal or non-members can call 573-446-3232!

