



Healing Bridge
PHYSICAL THERAPY
*Cross the Bridge to Lasting
Health & Wellness*

Yoga for REAL PEOPLE like *You*

You don't need to twist like a pretzel,
balance on your head, or know downward
facing dog versus the cat pose.

That's why we created

"Yoga for REAL PEOPLE like You."

This introductory, gentle class is taught by **HL King, MPT**, who has been a yoga instructor since 2010 and a Physical Therapist for more than 18 years. She has implemented the combined benefits of yoga into her physical therapy practice.

Bring a towel and water bottle.

Yoga is known to:

- Decrease stress and anxiety.
- Improve breathing, flexibility and balance.
- Brighten and improve mood when practiced regularly.

HEALING BRIDGE PHYSICAL THERAPY

invites you to:

**Enjoy the experience of gentle movements
combined with breathing exercises and
leave feeling more relaxed and energized.**

*Your body will
Thank You!*

**FREE 1-hour
Introductory Class**

Tuesday, April 5th, 2016

5:30 – 6:30 pm

**Registration
required.**

**Call today to
reserve your spot.
Space is limited!
To register, call
541.318.7041**

**HEALING BRIDGE
PHYSICAL THERAPY**

404 NE Penn Ave
Bend OR 97701



www.HealingBridge.com