



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