



*Healing Bridge*  
**PHYSICAL THERAPY**  
*Cross the Bridge to Better  
 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 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, yoga mat, 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 Class**  
**Tuesday, June 21st, 2016**

**5:30 – 6:30 pm**

**Registration required.**

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

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 PHYSICAL THERAPY**

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