



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**

**HEALING BRIDGE
 PHYSICAL THERAPY**

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 Bend OR 97701

www.HealingBridge.com