

# Yoga & Shakti Wheel

## Look More Youthful With a Better Posture

Wednesday's 6-7 p.m.



The Shakti Wheel is a unique tool that combines alignment principles, mental strength, and spiritual practice. It is one of the most versatile inventions for our yoga practice as it helps both beginners and advanced students' progress in their practice easily and healthily. **Oh, and did I mention it also happens to be fun and feel great on the body!** *So come and ....*

**Explore Your Body in a Different Way**

**Find Your Way Back To Natural Alignment**

**Learn The Art Of Rolling**

**Reveal New Strength**

**Deepen Your Asana Practice**

**Creative Mental Stimulation**

**Raise Trust And Confidence In Your Playful Skills**

**Learn how to engage your inner corset to deepen back bend and support your spinal curves**

**COST: \$15 drop in class \$56 Discounted Price (4 classes in June – begins 6/5)**

**RESERVE YOUR SPOT TODAY! Limited Space Call 480-447-4968 (Shakti Wheel purchase see Susan)**

Fitness with Susan, LLC, 2018, Independent Contractor

Classes held at: 86 N Valentine Street, Wickenburg, AZ 85390 480-447-4968, [AtTheCenterOfYou.com](http://AtTheCenterOfYou.com)