

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 May – begins 5/9)

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