

Breathe with Brad

YOGA FOR STIFF MEN



OK Guys seriously, no seriously hear me out.

Does any of this sound familiar? Do you suffer from:

- Back pain
- Shoulder pain
- Neck pain
- Tension headaches
- Tight legs
- Aches and pains from previous injuries
- Stress
- Inflexibility
- Loss of muscle mass

If you are a guy, or you have a guy in your life, who longs to feel more at home in their body and more connected to a sense of physical wellness, strength and stability, but believes that they are "too tight or inflexible" to access the benefits of a yoga practice, this class is for you. Yoga for men taught by a man.

Location:

37 Woodsvie Ave
Grimsby, On
L3M 3S8

Day and Time:

Thursdays

Starting October 12

7:30 to 8:45 pm

First class is always free

Pricing includes taxes:

\$160. for 10 class pass

\$17. for drop in

Contact Brad at:

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289-439-8610

