



Myofascial Release Self treatment Classes
to Balance and Center the Mind and Body

The 1st and 3rd Thursday of Every Month

from 7:00 – 8:00 pm

at Cross Creek Stables

7565 State Route 42, Waynesville, OH 45068

The classes are designed to introduce you to myofascial release and complement individual myofascial release treatments. During the class we will complete several stretches encompassing the entire body and providing ample time for the connective tissue, fascia, to release on a more permanent basis. All stretches can be modified to fit each participants needs. The class is interactive, so come with your requests or questions. The sessions are held in the club house space next to the indoor arena at Cross Creek Stables.

What to bring: a pillow, yoga mat if available, and a blanket

What to wear: Comfortable, loose fitting clothes

Cost: \$10

How to sign up: Contact Jocelyn Metzger via phone or e-mail. Walk ins are welcome

Jocelyn Metzger OTR/L

937-307-4174

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