

Advanced Self-Massage



Stiff neck? Sore shoulders? Aching back, knees, or anything else? Learn to relieve your own discomforts, with easy-to-do techniques from Trager[®], myofascial, deep tissue, shiatsu, craniosacral, energy work and more... With Harbin massage master Andrew Yavelow.

**1st & 3rd Fridays
3:15-4:30, Temple**

Loose clothes; please come on time.

