

Yamuna Body Rolling

Classes are held at EVOLVE Fitness Studio 124 S. Cloverdale Blvd Suite 134 (above Uniques & Antiques)

Monday 9:00 am

\$10 per class Balls are available for class use or can be ordered for purchase

Come, drop in on a Monday morning class at 9:00am Evolve Fitness Studio or make a personal training appointment.

Contact Nancy for more information:

(707) 894-3707

(707) 287-1845

Yamuna Body Rolling is a whole-body fitness system. We use a series of smaller balls, developed by Yamuna, of specific size and firmness, working from muscle origin to insertion in detail. The routines, practiced on Yamuna balls, provide linear and cross fiber motion. This can change stuck patterns, muscle, tissues, and fascia.

Yamuna Ball work builds core strength, muscle strength and flexibility, balance and, most of all, space.

Having a Yamuna ball and some Yamuna education is like having a second pair of hands to discover and learn more about your own body and how you function.

Visit www.yamunausa.com for more information

