



**PRESENTS**

# ***Relief Through Rolling***

***A Simple and Pain-Free Foam Rolling Program....For Everyone!***

**Saturday, September 29, 2018**

**2:00-4:00 pm**

*90' Class followed by 30' of individual assistance, review & questions*

**\$30 Advance / \$35 after September 22<sup>nd</sup>**

Bring your 36 x 6 inch foam roller to class.

## **No Roller – No Problem!**

**Let us know when you register if you need to borrow one.**

A limited number of foam rollers are available, so reserve yours today with your paid reservation for this exciting opportunity!

(New Foam Rollers will also be available for purchase at class.)

***Relief Through Rolling is a different type of Foam Rolling Program.*** Using the latest science from the Pain Science and Fascial Research industries, the Relief Through Rolling Program offers quick and lasting relief. Significant results have been reported when performed a minimum of 5 minutes, 3 times weekly!

***Everyone can participate!*** All Relief Through Rolling techniques can be done multiple ways: on the floor, in a chair, or against a wall, ensuring that regardless of your activity level, you can take part in this fun and easy program. Those suffering from severe chronic pain or dysfunction, as well as elite collegiate and professional athletes have been seeing remarkable results with RT Rolling for over 10 years.

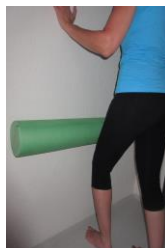
**Simple & Pain-Free Self-Care for *Every Body*.**



Visit **RTROLLING.COM**

For video testimonials on this amazing health and wellness program.

Email Janet Herman at:  
**GetReliefThroughRolling@gmail.com**



**Increase Flexibility  
Relieve Pain  
Improve Posture**

—

**Reduce Injury  
Promote Healing  
Increase Energy**

**Call  
YOU YOGA ME YOGA  
To Register**

**404-654-3336**

**YOU YOGA ME YOGA**  
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**Janet Herman, LMT**  
*Relief Through Rolling  
Pro-Certified Instructor*

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**At-Home Programs Available  
See above website for Information**

