

OCT  
22



**SUNSTONE MASSAGE**  
*redefine your health*

# MUSCLE HEALTH SEMINAR

**FREE to the Community**

**SATURDAY OCTOBER 22nd at 7 PM**

**LEARN THE BASICS ON HOW OUR BODIES WORK**

**THIS FREE SEMINAR WILL PROVIDE A DEEPER UNDERSTANDING OF  
Muscle Anatomy, Deep Breathing, Improving Posture  
Muscle Rebalancing, Therapeutic Stretching and MORE!**

*Appropriate for those 10 years old and up.  
Bring a yoga mat and wear comfortable clothing you can move in.*

*Workshop is presented by Sunstone Registered Massage  
All appointments made the day of the workshop will receive  
a complimentary addition of 15 minutes to their booking.*

\*Credit must be used within 30 days of the workshop.  
Credit cannot be exchanged for cash value or gift certificates.  
Offer not valid for Infant and Pediatric Massage

**(647)233-2569**  
[sunstonemassage.com](http://sunstonemassage.com)

**JAYA YOGA CENTRE  
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