

LIFESTRETCH CLASS

Stretch. Breathe. Reset.

TUESDAY, DEC 9

WEDNESDAY, JAN 14

WEDNESDAY, FEB 18

5:30 - 6:30 PM



Lucky's Natural Foods

101 S Broadway St, Lake Orion, MI 48362



\$10 per person

Includes a \$10 store credit to spend at Lucky's Natural Foods

What to bring:

- Comfortable clothing for activity
- Yoga mat
- Water bottle
- Positive attitude

Meet Your Instructor -

Jae Choi

Jae has been a Licensed Massage Therapist for over 15 years, serving the Lake Orion/Oxford area for over 9 years. His background in engineering has equipped him with a problem solving approach to soft tissue therapy, constantly growing with certifications such as Graston Technique, Fascia Stretch Therapy, Titleist Performance Institute, amongst other orthopedic-based certifications. He currently owns and operates Choice Therapeutics in Oxford.

About Life Stretch

This guided class is designed by Stretch to Win Institute to help you increase flexibility, reduce tension, and restore balance in body and mind. You'll move through intentional, mindful stretches to release stress, improve posture, and feel rejuvenated - no prior experience needed and fit for all ages and fitness levels



Reserve Your Spot today!

(248) 693-1209

