

Functional Pilates

Taught by Master Teacher and Author
Elizabeth Jones-Boswell, M.Ed., PMA-CPT



This Class was developed for all levels and is safe for:

- Postpartum
- Low back or SI instability
- Most cervical issues

Reshape and tone your body. Improve function and mobility of your spine and pelvic girdle as you build your stamina, endurance, and strength through specific exercises using auxiliary equipment, such as the Magic Circle, Fletcher Towel, Feldenkrais Roller, and TheraBand.

Where: Harmony Yoga 1717 W. 6th Ave., Spokane, WA

When: Tuesdays 12:00-1:00

Bring: a bed pillow

For online **registration** and payment options go to www.harmonyyoga.com (please note that there is only one “y” in the web address) or call (509)747-4430

Look for Elizabeth’s book and companion DVD:

EXERCISE FOR PREGNANCY AND BEYOND:

A PILATES-BASED APPROACH FOR WOMEN

Online at www.pilatesrehab.org