

# Self Myofascial Release with Sherry Hopkins

**\$40**

May 19  
1:30-3:00  
Red Lotus  
Troy

Your body isn't moving like it should and you need some help?

Spend an afternoon with Sherry learning how the mechanics of your body really works and learn to increase your range of motion and mobility.

This is a class for anyone and EveryBody.

You can reach Sherry with questions at [revivewellnessinfo@gmail.com](mailto:revivewellnessinfo@gmail.com)

Join Sherry Hopkins on how to use self-myofascial release with props like foam rollers and balls to fix trouble spots and help your yoga practice.

Fascia is your body's three-dimensional connective tissue matrix. It encases and weaves through muscles, organs, and bone to bind all your distinct parts together as one. If an area of your body becomes stiff or develops adhesions or scar tissue, this can create a pull on the fabric of the myofascial network, affecting the entire body



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