



Mindful Movement for Scoliosis

Each class focuses on integrating yoga-based postures, breath work, and mindful movements to increase body/mind awareness as well as improve the strength and stability of those with scoliosis or other structural differences.

- ▶ Saturdays 9:00–9:50
- ▶ Children/Teen's Class



Instructor: Tricia Coleman,
M.S. CCC-SLP/L, TSSLD, CYT

An Initial
Evaluation is
needed
Call today for your
Appointment
585-482-5060



191 W Main St, Webster ▶ 1328 University Ave, Rochester

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www.wellness360fitness.com