

PHYSI-YOGA at STACK PHYSIO

Want to get more mobile, commit to a regular movement practice, strengthen up, work on your stability, or iron out a few kinks in your body? We are very excited to bring you this 6 week course with the excellent Linda Spagnolo, Musculoskeletal Physiotherapist, yoga teacher and fitness instructor, starting October 19th!

This series of one hour sessions will be great if you:

- Want to improve your mobility and flexibility
- Are finishing up rehab for an injury and need a little something extra
- Want to get back into an exercise routine but need a controlled way back into it
- Keen to start a regular yoga or stretching practice
- Have a few small niggles that you can't seem to get on top of
- Are looking to prevent back, neck and joint tightness and restrictions

A bit about Linda:

- Linda is a postgraduate qualified Musculoskeletal Physiotherapist with over 20 years' experience
- Linda has worked across a range of elite sports and continues to work with WAIS athletes
- Is a qualified yoga teacher and fitness instructor who has taught around Fremantle and beyond for many years!
- Loves helping people to move better, understand their bodies and solve complex problems



All the details:

Dates: Thursday 19/10 to 23/11 (6 weeks)

Time: 11am – 12pm (one hour session)

Cost: \$150

Location: Stack Physio, Movement Room

Bring: Yoga mat, comfortable clothing, water bottle

Bookings: Call us on 9320 3211, or book online – stackphysio.com.au/book-an-appointment/

We hope to see you there!

**Health rebates are available, provided you have had a recent physio assessment at the clinic*

**Payment in full is required to secure your spot*

**Refunds cannot be provided for missed sessions*

**If you have any questions about whether this course is for you, please call us and one of our physios can discuss with you*