

Put Your Body Back In Your Life!



Shannon Rashap,
MA, CPT
Exercise Therapy

Clear Point Wellness
2001 South First Street
Austin, TX 78704

512.416.7700
shannon@clearpointwellness.com

Who needs a gym? Reconnect with your body under the shade of a beautiful tree! This weekly, low-impact class will teach you how to move with ease in your body. Learn techniques to release tension while building strength and flexibility.

Where: Outside under the oak tree

Enter through open gate

When: Beginning September 5th

Thursdays, 8-9 AM **weather permitting**

Cost: Donation

Bring: Yoga mat and towel