

Stretch Your Potential



Athletic Yoga™
www.flexiblewarrior.com

FLEXIBLE WARRIOR ATHLETIC STRETCH FOR SPORTS

with Karen Dubs

at PerformFit & Cometa Wellness Center



Athletes! If you're training hard to increase strength, speed & power but you're feeling stiff, achy & tight...It's time to add Athletic Stretch to your training routine!

- Functional Flexibility
- Resilient Strength
- Faster Recovery
- Reduced Injuries
- Improved Focus & Performance

Private sessions now available!!!

- Assisted Athletic Stretch
- Compression "mash" massage
- Yoga & Pilates for sports conditioning
- Ki Hara Resistance Stretch

PRICE:

30 min - \$50

45 min - \$75

60 min - \$100

75 min - \$125

For more information or to book your appointment, email: info@flexiblewarrior.com or visit www.flexiblewarrior.com.

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PerformFit
SPORTS PERFORMANCE & FITNESS TRAINING

**the
Cometa
center
Wellness**