



**FRANKLIN METHOD®**

## **Relax Your Neck & Liberate Your Shoulders**

Taught by NICOLE PILLER, Franklin Method Educator and Certified Pilates & Yoga Instructor

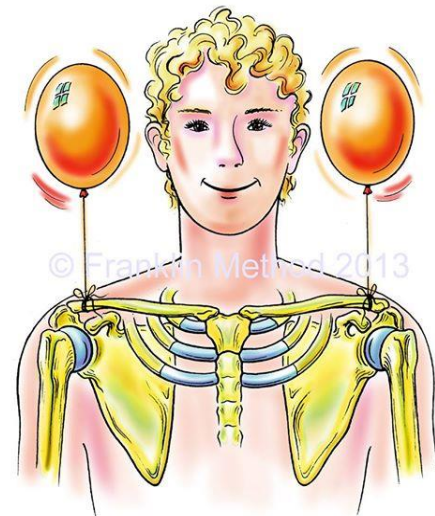
**Date:** Saturday, November 12<sup>th</sup>: 3:00 – 5:15 pm

**Location:** Nicole Piller Pilates & Yoga Studio: 6 Woodrow Ave., Toronto  
(Coxwell & Danforth, 5 minutes from Coxwell subway station)

Do you experience a tight neck, stiff shoulders, or limited range of motion in your arms? Experience the power of imagery, touch, and movement exercises to restore the natural balance, strength, and mobility in the arms, shoulders, and neck. Learn how to melt away tension and experience your shoulders and neck as a place of ease and comfort.

### **In this workshop you will learn and experience:**

- How your shoulder girdle is designed to move
- How to release tension and holding patterns that restrict movement
- How to decrease the risk of injury in the neck and shoulder girdle
- Ball rolling and band exercises to help organize, tone, and release muscles and joints of the neck and shoulders



**Price:** \$68 + HST. **Early Bird Special** is \$62 + HST  
(Registered and paid before November 1<sup>st</sup>, 2016)

***Space is limited to a maximum of 7 people***

For more information call: (416) 729-0367, or email: [nicolepillerstudio@gmail.com](mailto:nicolepillerstudio@gmail.com)

