

PILATES & YOGA



Stretch & Strengthen
Your Body With
LAUREE BRADLEY, MS, RDN
Certified Kundalini Yoga Practitioner
Registered Yoga Instructor (RYT) 200
Certified Pilates Instructor
Founder of Live Food Nutrition, LLC.

PRIVATE & SEMI-PRIVATE SESSIONS FOR FALL

PILATES

MAT - REFORMER - CADILLAC

60 min. - \$65

30 min. - \$45

5 x 60 min. sessions - \$300

60 min semi-private - \$110

YOGA

HATHA - FLOW - KUNDALINI

60 min. - \$75

30 min. - \$55

5 x 60 min. sessions - \$350

60 min. semi-private - \$130

To register call (626) 356 4948 or email Lauree Bradley at laureejbradley@gmail.com

SATURDAY YOGA GROUP CLASSES / 10:30 AM - 11:45 AM / \$16 or 5 for \$65

BODY SYNERGY PHYSICAL THERAPY & WELLNESS CENTER
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www.BodySynergyp.com

