

Yoga Practice Stretch Therapy

Justin Chien is certified by the international renowned authors/experts Kit Laughlin and Olivia Allnutt through their Stretch Therapy Teacher Intensive training. It is based on the two best-selling books: "Stretching & Flexibility" and "Overcome Neck & Back Pain". **By stretching effectively, your strength and flexibility can be built collectively.**

Flexibility

Strength

As a Yoga teacher for more than 12 years, Justin Chien teaches a combination of Hatha Yoga and Raja Yoga. It is designed to integrate body, mind, and spirit in accordance with the ancient tradition and practice of Yoga. Through various techniques such as practicing postures, breathing, and meditation, one can improve his/her flexibility and strength, and explore the true inner self. **It is a terrific complement to your existing fitness routine and daily activities.**

Why Stretch Therapy? As a long-time Yogi, Justin has been exploring an authentic progression of Yoga practice in the modern world. He found it! With the support from the creators of Stretch Therapy, Kit Laughlin and his partner Olivia Allnutt from Australia, Justin has gained an in-depth knowledge of this constantly evolving, empirical technique. Justin is honored to be part of the world-wide teaching circle for sharing this unique and effective approach, and apply it to the Yoga practice.



For everyone! Classes are held with a group of students to explore the benefits of practice together. Variations of the poses are introduced based on the individual's needs. Students can focus on the proper alignment of each pose and experience the holistic benefits from it. More variations of the poses are gradually introduced following the principles of the Stretch Therapy system.

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| ❖ 1/5/18 – Open House (free class!) | ❖ 2/2/18 | ❖ 3/2/18 |
| ❖ 1/12/18 | ❖ 2/9/18 | ❖ 3/9/18 |
| ❖ 1/19/18 (no class) | ❖ 2/16/18 | ❖ 3/16/18 |
| ❖ 1/26/18 | ❖ 2/23/18 | ❖ 3/23/18 (no class) |
| | | ❖ 3/30/18 (no class) |

Date: Every Friday (Please see website for the latest update.)

Time: 6:00pm–7:15pm (75 minutes)

Price: \$135 for all 9 classes (\$15 per class) plus one free class. Drop-ins welcome!

Locations: Shobu Aikido, 34 Allen Street, Somerville, MA 02143

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