

Foam Rolling Fundamentals: Unlock Mobility & Ease Pain

Join Maria for a hands-on Foam Rolling Fundamentals Workshop where you'll learn simple yet powerful Self-Myofascial Release techniques to:

- Reduce muscle tightness & soreness
- Improve circulation & flexibility
- Enhance mobility & overall well-being
- Feel more relaxed and at ease in your body

You'll walk away with foam rolling skills you can use anytime to keep your body feeling its best!

Run over two sessions 6:00pm - 7:00pm

May 13 (upper body) & 20 (lower body)

July 22 (upper body) & 29 (lower body)

Boab Room - Nightcliff Community Centre

18 Bauhinia Street, Nightcliff

★ **Bookings required!**

Instructor: Maria - Movement and Mindset Coaching

P - 0427 997 642

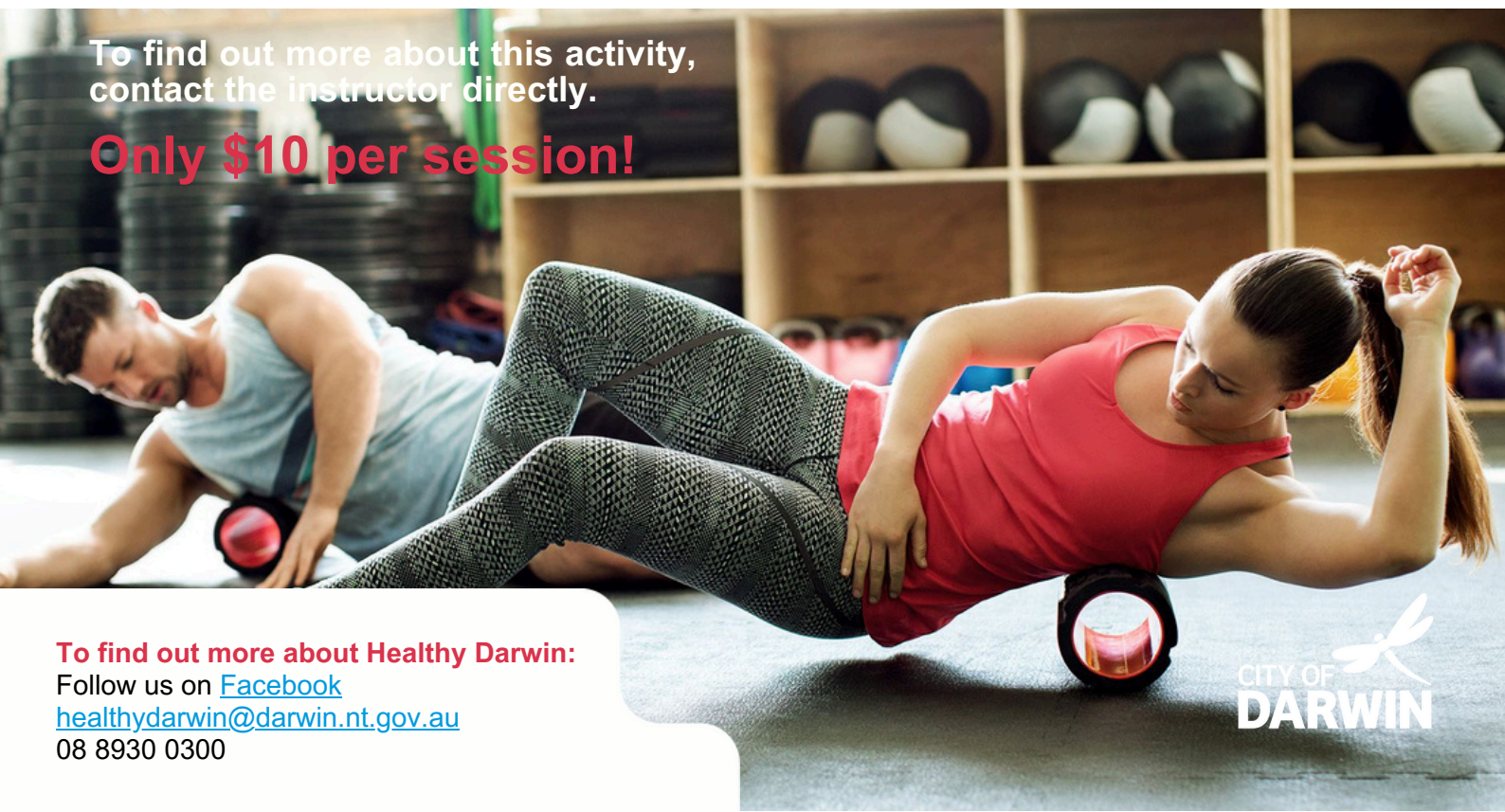
E - maria@movementandmindsetcoaching.com



maria van der geest
MOVEMENT & MINDSET COACHING

To find out more about this activity,
contact the instructor directly.

Only \$10 per session!



To find out more about Healthy Darwin:

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