

Conscious Stretching Class

Learn to move your body with your breath.

Experience the sensation of stretching from the *INSIDE*.

Learn how to *LEARN* from your body, using the breath as a “barometer” of your level of activity and/or stress.

“No fun,
no gain!”



Harvey Milk Center

Dance Studio, 2nd Floor

50 Scott Street (at Duboce) San Francisco

Mondays 5:30 - 6:30 pm, starting January 25th

\$10 per class; \$40 for a series of 5

SF City employees and retirees receive a **50% discount** (ID required).

Taught by **Steve Savage**, Certified Middendorf Breath Practitioner, CMT, MS.

Steve has taught Conscious Running for 3 summers in Duboce Park, and now teaches a weekly stretching class for the City of San Francisco Health Service System.

415-568-1151 ~ www.theinfinitebreath.com