



# HEALTH & WELLNESS

## THERAPY BALL MASSAGE FOR GARDENERS

*Orla Swift, certified Yoga Tune Up instructor*

Did last weekend's weeding session leave you with an achy back, creaky knees and tense shoulders? Join us for an hour of head-to-toe deep tissue massage. Learn techniques easily practiced at home using your own body weight against a pair of portable therapy balls. No experience or athleticism necessary. Please bring a yoga mat and block; we will have a few extras for students to borrow. Therapy balls will be provided for use in class. All participants must complete a waiver form that will apply to all sessions in which they enroll.

Orla Swift is a certified yoga, barre and therapy ball massage instructor. In addition, she is the director of marketing and communications for Duke Gardens.



All sessions held on Wednesdays, 6-7 pm

**SESSION A: SEPT. 17**

**SESSION B: SEPT. 24**

**SESSION C: OCT. 1**

LOCATION: DORIS DUKE CENTER

FEE PER SESSION \$15; GARDENS MEMBERS \$12. SIGN UP FOR 3 SESSIONS AT A RATE OF \$39; GARDENS MEMBERS \$30.

PARTICIPANT LIMIT: 8

*Please register in advance.*