

BODY ROLLING

Classes at LotusVoice



Thursdays 6:00pm - 7:30

Saturdays 10:30am - 12

LotusVoice Integrative Therapies

4994 Park Lake Rd, East Lansing

Contact me at: 517.402.1067 or KCBodymechanic@gmail.com

Body Rolling Balls and Yoga mats are provided for class and available for sale.

\$15 per class

Low Back Issues

Chronic Shoulder Problems

Neck Pain

You tell me where your painful or stiff areas are,
I'll show you how to find exactly what is causing you to feel this way.

As you release and reshape the restrictive tissues around your bones and joints
you will discover a body that is longer, leaner, and more energetic.

Stretching and an anatomy lesson all in one class!

Your body is an amazing quantum machine that repairs itself.
Let me show you how to deeply participate and interface with your incredible healing capacity.

