

Preventative Health Starts Here!

Join us for a new class series focused on building strength & confidence



Bridge to Strength

A 6-week class designed to bridge the gap in knowledge, motivation, and confidence for older adults looking to build strength

Created for:

- Those that have completed or are nearing the end of physical therapy but aren't ready to transition to a gym or traditional exercise class
- Those that are looking for expert guidance in strength-building in a supportive setting

Thursdays, June 5 – July 10 | 11:30am-12:15pm

Taught by:

Kaycee Palumbo & Carol Schafer

Location: Sedona Physical Therapy
55 Southwest Drive, Sedona, AZ

Cost: \$120 for the full session
Limited to 8 participants

Secure Your Spot Today!

team@sedonapt.com

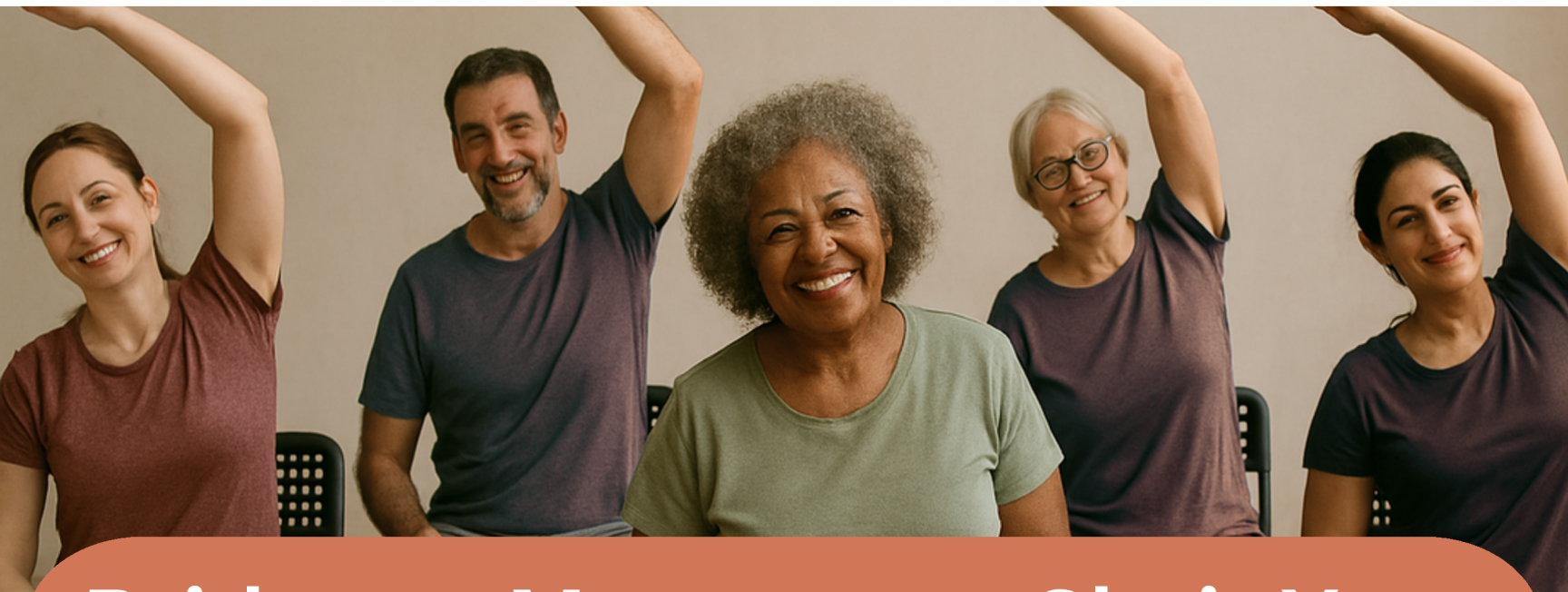
(928) 282-5050



**SEDONA
PHYSICAL
THERAPY**

Preventative Health Starts Here!

Join us for a new class series focused on building mobility & confidence



Bridge to Movement: Chair Yoga

A 6-week class designed to bridge the gap in knowledge, motivation, and confidence for older adults looking to increase mobility

Created for:

- Those that have completed or are nearing the end of physical therapy but aren't ready to transition to a gym or traditional exercise class
- Those that are looking for expert guidance in mobility-building in a supportive setting

Mondays, June 2 – July 7 | 4:30pm-5:15pm

Taught by:

Kaycee Palumbo & Carol Schafer

Location: Sedona Physical Therapy
55 Southwest Drive, Sedona, AZ

Cost: \$120 for the full session
Limited to 10 participants

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**SEDONA
PHYSICAL
THERAPY**

Begin or continue a journey of healing

Join a 6-week class designed to bring healing and peace



Bridge to Peace Trauma-Informed Yoga

Bring heart, mind, and body into unity with:

- Meditative, inspirational work
- Grounding poses incorporating visualization and imagery
- Relaxation, stretching, and gentle sound healing
- Time for reflection

Wednesdays, June 4 - July 9 | 3:45pm-4:45pm

Taught by:

Robin Allen

Location: Sedona Physical Therapy

55 Southwest Drive, Sedona, AZ

Cost: \$120 for the full session

Limited to 10 participants

Sign Up:

team@sedonapt.com

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