

**FREE DEMO**

## **Painless Flexibility™**

Increase your flexibility, free yourself from stiffness, aches and pains with the Painless Flexibility™ system!



**Wednesday, September 26<sup>th</sup> at 7:15pm**

**Registration required, sign up at the front desk**

It is carefully structured to take you, step by step, from having no flexibility to the splits - if you want to go that far. And it's easier than Yoga. We start with the Basic Set of exercises designed to restore the natural range of motion that our sedentary life-style destroys, particularly around the lower back. All the movements and positions are completely painless and anyone who is able to exercise can do these.

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*To learn more, please go to [www.painlessflexibility.com](http://www.painlessflexibility.com)*

*Type in the password: for young and old (use lower case letters, and space between the words), then press submit.*

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