



FastTrack Pain & Mobility SOLUTIONS
Quick Recovery for Performance and Function

&
Twin Palms Massage Therapy
Balancing your Mind, Body, and Spirit.

Eric Goodbar (540) 580-1231
Advanced Drug Free Therapy 3108 Peters Creek Rd.
Rossiter System® & Massage Roanoke, VA 24019
www.TwinPalms.MassageTherapy.com

NEW Mind, Body, & Movement Classes

(**Inquire for Upcomming Dates**, Friday nights 6:30pm-8:30pm)

Inside Life Church on Deer Branch Rd., behind Oakeys Funeral Home on Peters Creek Rd.

4 Separate Classes to Choose From: All Mind, Body, & Movement classes are simple, but are **listed in order from easiest to more challenging** (but nothing to break a sweat over for most people) While these classes are all simple, people with very bad knee, foot, or low back pain should seek improving their pain and function in my office before taking the Orange & Red class.

Immediate Response/Letting Go: (A must for everyone) Mindful Stress/Tension/Achiness Relief, Breath, Posture (Movement & Static), and a couple bonus tips for daily living with low back pain/instability.

Move Your Bones 1: (A must for everyone) This Is PART 1 (Essential Basics) of a progressive set of movement strategies that you learn to explore in your three dimensional body to help improve all joints, soft tissues, posture, balance, function, and performance. Also helps with some aches and pains throughout the body as well. Class can be taken all by itself or you can add in PART 2 at a later date to dig in with more slightly challenging movements.

Move Your Bones 2: Is PART 2 (More Dynamic & Challenging compared to PART 1) of a progressive set of movement strategies that you learn to explore in your three dimensional body to help improve all joints, soft tissues, posture, balance, function, and performance. Also helps with some aches and pains throughout the body as well.

Fun on the Floor: (More Dynamic & Challenging compared to other 3 classes) strategies for reducing fall risk and improve ability to get back up or stop a fall, and more posture & movement strategies to promote longevity, and some strength.

Choose from any of the 4 separate classes above.

\$50.00 per 2 hour class, includes handouts (pay before class either in person or online)

Specials: (1) After you pay for any/each of the 4 classes the 1st time; you can get \$10 off an appointment at my office for the more advanced bodywork sessions.

(2) To become more proficient and to practice in a class/group environment, you can take any of the 2 hour classes over as often as you like for only \$20 each time. (60% off reg. price)

(3) The 1st time you take any of the classes you get a free packet of notes to review lessons at home.

**If you previously took the original 8 classes, you'd only pay \$20 for any of these 2 hour classes as refreshers.

Pay in person or online

Call Eric Goodbar at 540-580-1231 to register.
or go to www.twinpalms.massagetherapy.com

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