

CHIROPRACTIC ALIGNMENT CLASS

JUNE 16, 2023 FROM 5PM-6PM

FEATURING.....

NEUROGLIDE STATION

In a 15 or 30 minute treatment, neuroglide will help to move lymph fluid around the spine to take the pressure off of the vertebra and nerves.

CHI MACHINE

Chi machine will help to release any stagnant energy and re-align the body's natural energy flow... relaxing the body.

QIGONG

Qigong uses movement to help to move energy through the body, relaxing and rejuvenating your body, mind, and soul.

Stations will be set up that will allow you to try each therapy.