

Yoga As Medicine Complimentary Class from CCNB

THE LOURIE CENTER
WEDNESDAY, SEPTEMBER 8

10:00 to 11:00 a.m.
Space is limited, details below



Achieve Balance

Join CCNB's Maura Utley, at the Lourie Center on Wednesday, September 8, from 10 a.m. to 11 a.m. for a special **Yoga As Medicine** class. Entire class is conducted on the floor with no standing postures. Special emphasis on using yoga therapeutically to promote lower back and hip wellness. All abilities welcome, space is limited. Email Stephanie to pre-register: stephanie@louriecentersc.com

Maura is an E-RYT500 registered Yoga instructor and certified fitness instructor specializing in using yoga therapeutically to keep the body moving efficiently. Maura owns YogaSimpatico.com and is the Director of Marketing for CCNB, and brings over 40 years experience in the fitness industry.

Coastal Carolina National Bank – is a *healthy community bank* – new to the district of Five Points. CCNB cares about you, your fiscal wellness, and the health of the communities we serve. It is with great privilege that CCNB supports health and wellness events throughout South Carolina.

Props: Yoga mat, strap, 2 blocks and a blanket



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CENTER

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