

**A range of YBR offerings**

**YBR class:** Basic through advanced YBR routines that take you through the entire body.

**YBR Foot Fitness class:** Strong, flexible feet are essential to your overall well-being. Using special props, you'll learn a series of routines that strengthen your feet, improving function and flexibility. Since the feet contain reflex points that affect the entire body, working your feet helps keep all of you healthy!



**YBR therapy session.** YBR as a hands-on treatment. The practitioner's hands add additional traction to the regular YBR routines, allowing the ball to penetrate more deeply into muscle. Your body releases more easily, without the discomfort often experienced in deep massage.

**Private YBR class.** Your practitioner analyzes your body, then takes you through a series of routines designed specifically for you.

**Private YBR Foot Fitness class.** Your practitioner analyzes the alignment and function of your feet, then teaches you routines to keep them healthy so they can carry you happily throughout your life.



**For more info, visit the YBR website:  
[www.yamunabodyrolling.com](http://www.yamunabodyrolling.com)**

**VENDOR NAME**

100 State St. Anywhere, USA 10001

**YAMUNA® BODY ROLLING SESSIONS:**  
(All sessions are approximately 1 hour)

**MON. TUES. FRI.** (12pm-1pm)

Study of the body from the pelvis to the feet.

**WED. SAT.** (12pm-1pm)

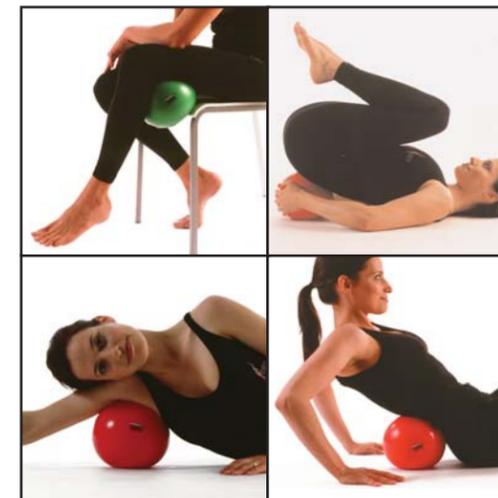
Study of the spine and posterior pelvis

**CALL US AT 1800-344-5678 for more information**

**Yamuna® Body Rolling**



**Fitness. Wellness. Oneness.**



**Yamuna**

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## Yamuna® Body Rolling. Fitness. Wellness. Oneness. All rolled into one.

Imagine your body at its max—mastering a sport or fitness practice, achieving total flexibility, or just feeling a degree of better that enhances everything you do in life.

With Yamuna® Body Rolling (YBR), this image becomes your reality. YBR is both a powerful workout and a relaxing deep-tissue massage—that you do yourself!

YBR is easy; anyone can do it, anywhere, no matter what their age or physical condition. You'll see and feel amazing results after the very first session:

- a quantum shift in your body;
- a level of better you never dreamed existed.



### What is Yamuna® Body Rolling?

YBR is a powerful workout, *without* strenuous effort. It energizes and relaxes you at the same time, releasing muscles as it tones them, giving you a really deep stretch. You do it by rolling your body over specially designed balls, in specific routines that follow the natural direction of muscle release.

"I'm longer, I feel freer, I'm standing taller!" people exclaim after just one session. And it feels great. The ball gets right into those, tense, tight, hard places that nothing else ever seems to reach.

YBR is a terrific complement to any other fitness or therapeutic practice. It not only enhances performance but prevents and heals injury. YBR keeps your body erect, free, and easy, forever. You stay youthful, for even as you age, you never develop those restrictions that make people look and feel old.

Feeling and looking better gives your whole outlook a boost. That's because a flexible, free body means a clear mind—and more energy to take you wherever you want to go in life!

### How does it work?

YBR works by creating space in the body. In any area where you feel pain or discomfort, there's compression or restriction due to tight, contracted muscles.

The YBR ball applies traction that creates space around joints and vertebrae and lengthens muscles so they can fully release. As you follow the routines, you unwind and free up your entire body, giving all its parts the space they need to function fully, eliminating restrictions, and relieving the effects of everyday stress.

**"YBR combines a great stretch, like yoga, with a great release, like massage. The results were so immediate, and created so much ease in my body, that they helped both physically and emotionally. I feel more whole!"**

**Maureen Lally, software developer**



### The history of YBR

Yamuna Zake, an educator, body therapist, and former yoga teacher, created YBR based on Yamuna® Body Logic, a hands-on therapy she developed 25 years ago. Ten years ago, wanting to help more people than she could reach as a one-on-one therapist, she took the theories and experience that made her such a phenomenal healer and translated them into a form that empowers people to heal themselves--YBR.

### Our mission

Our goal is to give people of every age and level of physical ability the tools and information they need to take care of their bodies themselves.

All our work is founded on Yamuna Zake's philosophy of empowering people to enhance their well-being by liberating their bodies.

