



Yoga technique for your athletic Team!

**Heather Fraunberger
E-RYT, RYT-300, Ayurvedic Yoga Specialist**

**Heather of Juneve Yoga, designs Yoga
Wellness Programs specific to the athlete.**

**Learn how to Incorporate proper
alignment and Increase flexibility through
foundational Yoga.**

**For more Information, check out the
website, or contact Heather directly**

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