



LIVE
BETTER

EGOSCUE

THE EGOSCUE METHOD

Too much repetitive adaptation can result in muscle imbalance. The body, in turn, must compensate for that imbalance. Most pain results when our compensation creates extra strain on our muscles and overstresses our bones and joints. Our exercises amount to muscle and joint tutorials – reminding the muscles what to do and how to do it – and restoring the body to a more balanced, healthy state. That change is often all that it takes to eliminate pain, reduce injury, and improve movement. Small Group Training (\$5/class paid by check at class). Contact Class Instructor Karen B 410-474-3443.