



LIFE IN BALANCE

COUNSELING & WELLNESS CENTER

Enriching Mind, Body & Spirit

We Offer Classes in the Following:

- Nutrition Awareness
- Women's Empowerment
- Meditation

Our Yoga Classes Include:

- Senior Gentle Yoga
- Children's Yoga (Ages 2-11)
- Teen Yoga (Ages 12-18)
- Beginners Yoga

We also offer a variety of massages, including:
Swedish, Deep Tissue, & Couples Massage.

Gift Certificates Available

Call us today at

(540) 381-6215

125 Akers Farm Rd. Suite D
Christiansburg, VA

Life in Balance
(540) 381-6215

\$20⁰⁰ OFF
Massage

Gift Certificates Available

Good only with coupon.
Not good with other offers or discounts.
Expires 1/31/11.

Life in Balance
(540) 381-6215

FREE
Yoga Class

Good only with coupon.
Not good with other offers or discounts.
Expires 1/31/11.