



# LIFE IN BALANCE

COUNSELING & WELLNESS CENTER  
Enriching Mind, Body & Spirit

## We Offer Classes in the Following:

- Nutrition Awareness
- Creative Movement
- 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, Hot Stone, Lymphatic,  
& Couples Massage.

Call us today at  
**(540) 381-6215**  
125 Akers Farm Rd. Suite D  
Christiansburg, VA

Life in Balance  
(540) 381-6215

**\$20<sup>00</sup> OFF**  
**Massage**

Good only with coupon.  
Not good with other offers or discounts.  
Expires 1/15/11.

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**FREE**  
**Yoga Class**

Good only with coupon.  
Not good with other offers or discounts.  
Expires 1/15/11.