



CLICK HERE TO LEARN MORE ABOUT OUR NEW VIRTUAL CLASSES!



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### Redeem Coupon

#### Flowing With the OMies

1 hour @ \$25.00

Javona will lead you through a group yoga class to help alleviate tension and bring you to a tranquil state of being.



#### 1 OM 1 Flow

1 hour @ \$35.00

Enjoy a private, virtual one on one yoga flow with Jovi. Each yoga class is customized to your specific kneads.

### Consultation

## **Virtual Postural and Gait Assessment**

1 hour

A Kneaded Touch, offers remote virtual ergonomic assessment and training services to individuals from the comfort of their homes. We provide personalized remote assessments through utilizing Zoom and email.

Clients can schedule a live assessment or submit photos of themselves in their workspace to be assessed. Afterward, we provide a personalized recommendation.

Powered By



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