

INTEGRATED STRETCHING

Now introducing our latest service: Integrated Stretching Sessions! Integrated stretching merges self-myofascial release with assisted stretching to enhance mobility, flexibility, and aid in post-workout recovery. This technique is beneficial in reducing stress, chronic pain, and inflammation. Our personalized one-on-one sessions include hands-on assisted stretching and tailored guided self-myofascial release, designed to align with your objectives and physical needs.



Samantha Davis
*Certified Stretching and Flexibility
Coach, Myofascial Release instructor
with 6+ years of experience*

**Book a FREE
consultation to
learn more!**



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\$60 per hour
Packages available
at a discount!

Registration is required and can be made in advance by calling (828) 820-7068 or emailing healthandwellness@ywcaofasheville.org