

BALANCE
LENGTHEN
INTEGRATE
STRETCH
STRENGTHEN

- Build mobility & power
- Decompress your spine
- Relieve pain
- Rehab injuries
- Reduce stress
- Increase Energy



JUAWAYNE ~ BLISS FOUNDER

Taught by:

Jamie Leno Zimron Sensei

Aikido 6th Dan, LPGA Pro, Somatic Psychologist

**Powerful Muscular-Skeletal Exercises
blended with Centering, Breathing
Energy-Flow, Self-Massage
+ Martial Arts**



**BLISS
FUSION
FITNESS**

March 2021 Workouts

Sundays, March 7 & 14

9-10:30am PST

Saturdays, March 20 & 27

8:30-10am PST

**REGISTER under EVENTS at:
TheCenteredWay.com**

Virtual, on Zoom