



## Enhance your Yoga Practice At Body Chitta Massage!

Want to deepen your practice? Looking for ways to reduce stress, enhance flexibility, decrease physical restrictions and improve yoga wellness?

Let Greg Fyfe and Body Chitta assist you on your path!

**Two (2) One-Hour Myofascial Massages:  
Introductory Yogi\* Rate of \$90 for TWO Massages!  
(Savings of over 25%!)**

**To Schedule your Massage  
Contact Greg Fyfe:  
248-601-6019**

\* Must be a current UpDog Yoga Student to qualify.

