

LONGEVITY

physical therapy

WELLNESS IN CARLSBAD



Yoga

with Brittney Ellers, DPT, RYT 200

Mondays Therapeutic Flow

12:30pm – 1:30pm

Fridays Vinyasa

12:30pm – 1:30pm

\$15 drop in rate



Massage Therapy

with Cassie, Massage Therapy and Energy Healing

Monday 9am – 5pm

Tuesday 9am – 5pm

Wednesday 10am – 8pm

Thursday 7am – 2pm

Friday 9am – 5pm

Saturday 9am – 5pm

Sunday 7am – 1pm

90 Minute Massage: \$120

Call or text Cassie at 760-845-2381



Longevity Hour

for Current and Former Patients

Monday 1pm - 2 pm

Tuesday 1pm - 2 pm

Thursday 1pm - 2 pm

Friday 1pm - 2 pm

Call 760-918-9200 to let us know you will be joining us.

Cost: \$15 per session, 10-pack for \$120

2077 Las Palmas Drive Carlsbad, CA 92011

Phone: 760-918-9200 Fax: 760-918-9203

LongevityPhysicalTherapy.com