

Yoga for Back Care

Mini Workshop Series

three-part series:

Saturdays, Feb. 6, 20 and 27, 2010

Learn the common physical imbalances that can cause or contribute to back pain and identify your own postural habits, and how they affect the health of your spine. Explore how the common yoga postures address each of the causes of postural imbalance. Increase awareness of how tightness in various areas in the body relate to the spine. And learn to practice additional simple yoga exercises to release stress and tension and to promote a healthy, happy back! All levels welcome, no prior experience with yoga necessary. Taught by Karen Vielle

fees:

\$20 per class (\$10 for members)
or register for all 3 for \$45

All levels welcome, no prior experience with yoga necessary.

Please sign-up in advance online at
www.spokaneyogashala.com
call 509.710.0736 for additional information

