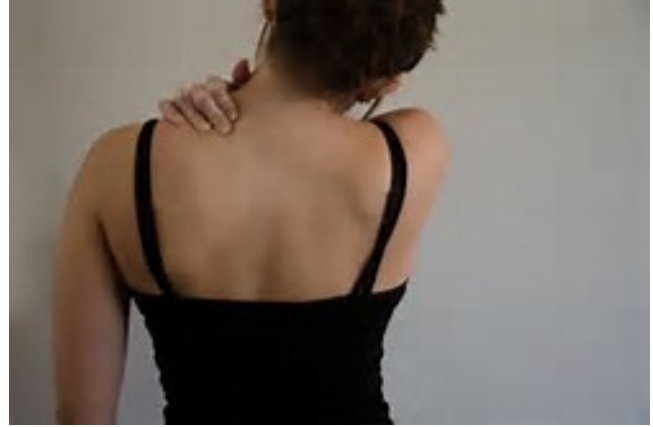




Intro to Back Care Series Workshop Dec 7th!

Back Care Series

with Patricia Videgain



MONDAYS
12:00 – 1:30pm

- Intro Workshop: Dec 17th
- Next Series Starts Jan 7th
1/7, 1/14, 1/21, 1/28, & 2/4

Give yourself the gift of knowledge and self care for your back!

For all those new to Iyengar yoga and the practice of back care, as well as those that are seasoned practitioners and want to learn and practice with a focus on the back. This class moves a bit slower than your regular yoga or fitness class, emphasis is the step-by-step guidance for setting up the poses and working with the back.

We will work with principles of alignment, lengthening the spine, creating joint space, using the breath and breathing awareness, experiential anatomy and yogic principles of practice. For all types of structural problems, including pain and postural problems, including scoliosis, knees, hips, neck and shoulder issues. All new students must take the Intro Workshop before attending the Back Care Series.

"I highly recommend the Back Care series with Patricia Videgain to anyone with any type of back or neck issue. After hurting my back several months ago, I was afraid that I would not be able to return to yoga or regular exercise. Through Patricia's instruction I am now nearly pain free. I have learned how to modify my yoga practice and work through the inevitable occasional flare-up as I continue to gain strength, flexibility, and balance." – Vera M.

Intro Workshop: \$35

5-Session Series Fee: \$175

Any missed classes are not refunded or prorated.

Space is limited to 4 students
(3-Student Minimum to hold the series.)

Patricia is a certified Iyengar yoga teacher and certified yoga therapist. Join her on this luxurious journey toward empowered self-healing and transformation.



Feel Great. Get Strong. Don't Forget to Breathe.