



Yoga for Healthy and Happy Backs

Saturday, March 24, 2012
2:00 p.m. – 4:00 p.m.

Experienced Registered Yoga Instructor, Vicki Knight, is presenting this workshop to teach you how to relieve and avoid back pain using a therapeutically designed yoga program of hip openers, twists, and gentle backbends appropriate for your body. As a lifelong sufferer of back pain due to scoliosis, Vicki will show you how she has freed herself of pain, gained flexibility, strength, and inner power through these yoga techniques.

You will learn greater awareness of your body, how to avoid habitual movements and patterns that take your body out of alignment and cause pain. You will also learn safe and effective ways to deal with pain when it occurs, avoiding the vicious cycle of stress and fear which often causes more pain. Appropriate for anyone who experiences occasional or chronic back pain.

\$35 for members
\$45 for non-members

To register call 770-956-STAR
Limited space available
Registration deadline is March 16, 2012



Yoga teachers can earn continuing education credit through Yoga Alliance