

Fountain of Health Yoga Studio

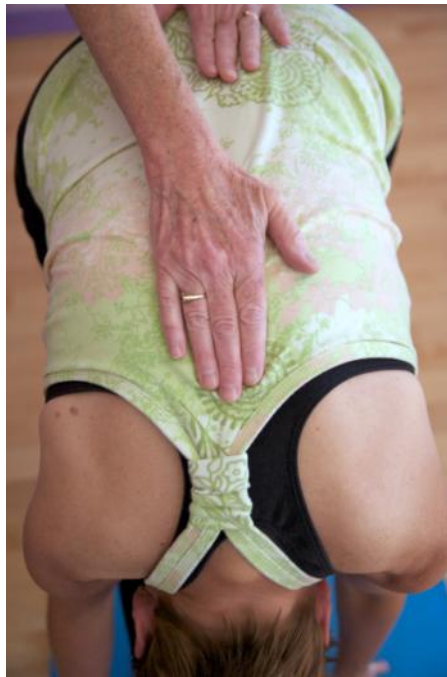
Presents a 3-hour Workshop

Marcee Gutman-Ballantyne Certified Anusara Instructor

Oh, My Aching Back!!

But it can be

Ahhh... now THAT Feels Better!



This all-levels Workshop delves into the most common causes of back pain. You will learn how to personally use Anusara Yoga's Universal Principle's of Alignment helping you eliminate or reduce your unique back pain and troubles.

You'll feel and see how to stop or reduce your reoccurring back injuries and discomfort. You will understand more about your back with a personalized home practice that helps keep your back strong and supple.

You will learn how to anticipate, avoid, respond to and overcome basic causes of pain from inflammation. This workshop will focus on back pain from, Physical, Mental, Emotional Stressors.

When pain occurs, it is because the accumulation of one or several of these stressors is more than the body can handle. Pain is a vicious cycle: spasm and inflammation lead to more spasm and inflammation. Learn to align your spine to the optimal blueprint for healing.

Contact Marcee to register 543-1765

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