

Yoga Therapy

For Upper Back, Neck & Shoulders



Presented by:
Certified Yoga Therapist
Tracy Flynn (C-IAYT)

Friday, February 3

7:30PM – 9:00PM

**\$30 per person
(\$35 at door)**

This workshop is designed to release tension in the upper body, improve mobility, and balance muscular asymmetry by using adapted Yoga postures, breathing practices and sound.

We will also explore how posture affects the upper body and how the ancient teachings on the chakras relate to these areas of the body. Prior Yoga experience is helpful, but not required.

The movements are gentle and each person will work within their own range of motion. If you have acute pain or are very sensitive to movement, an individual Yoga Therapy session might work better for you. If you're not sure what is most appropriate for you, please contact Tracy at tracyflynn@hotmail.com or 248-334-7381.

Pre-register online:

<https://www.updogyoga.com/workshops/rochester-workshops>

Tracy holds the highest certifications as a Yoga instructor and Internationally Certified Yoga Therapist (ERYT 500, C-IAYT). In addition to practicing individual Yoga Therapy at UpDog, she was also on staff at the Institute of Neuromuscular Medicine for 3 years.



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