

# Yoga Therapy

## For Upper Back, Neck & Shoulders



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

**Friday, January 16**  
**7:30PM – 9:00PM**  
**\$35 per person**  
**(\$40 door)**

There are many causes for stiffness in the upper body with some of the most common being prolonged computer use, phone use and slouchy posture. Regardless of the cause, 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.

The movements are gentle and each person will work within their own range of motion. Prior Yoga experience is helpful, but not required.

**Yoga Instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop.**

Pre-register:

<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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