

# Yoga Therapy Series

## For Low Back Pain

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

12-Week Series  
On Wednesdays:  
**February 26 – May 14**



**1:30 – 2:30PM Weekly On Wednesdays For 12 Weeks**  
**\$329 per person (includes all 12 weeks, pre-registration required)**

Please join us for this gentle, safe approach to therapeutic Yoga specifically designed for people with chronic low back pain. We will follow the protocol used in two studies funded by the National Institutes of Health by Sherman et al. that show Yoga reduces pain and improves function. (Studies published in Annals of Internal Medicine and Archives of Internal Medicine.)\*

We will begin with very simple and effective practices, and build on them from week to week. Short, take-home practices will be provided. No prior Yoga experience is necessary.

Classes meet weekly on Wednesdays 1:30-2:30PM for 12 weeks: 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14.

When registering, please make sure to provide your phone number as Tracy will be calling to discuss your back history prior to start of the first class.

**Pre-register as space is limited:**

<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 on staff at the Institute of Neuromuscular Medicine for 3 years.*



\* Sherman et al., "Comparing Yoga, Exercise, and a Self-Care Book for Chronic Low Back Pain: A Randomized, Controlled Trial," Annals of Internal Medicine.  
\* Sherman et al., "A Randomized Trial Comparing Yoga, Stretching, and Self-Care Book for Chronic Low Back Pain," Archives of Internal Medicine.

