

Yoga Therapy

For The Lower Back



Friday, October 16

7:30PM – 9:00PM

\$35 per person (\$40 door)

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

Learn safe, effective ways to stretch and strengthen your lower back and surrounding areas by using adapted Yoga postures and breathing exercises. These practices come from a traditional approach to healing and have been tested using modern research methods. Prior Yoga experience is helpful, but not required.

The movements are gentle and each person will work within their own abilities. If you have acute pain or are very sensitive to movement, an individual Yoga Therapy session might work better for you. To discuss this, please contact Tracy at tracyflynn@hotmail.com or 248-334-7381.

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

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



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