

Yoga Therapy

For Better Digestion & Stress Reduction

Attend In-Studio or Online



Friday, December 16

7:30PM – 9:00PM

\$30 per person (\$35 door)

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

When our digestion is off we do not feel our best. In this workshop we will use practices from the Yoga Therapy tradition to improve digestion and elimination. Even for people with serious digestive conditions, these practices can reduce symptoms and improve quality of life. We will be using asana (movement), pranayama (breath work), and reflections (short meditations) specifically designed to promote digestive health. This practice is also excellent for reducing stress and anxiety

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:

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

If attending Online, following your registration you will receive a Zoom link to your email to attend.

Tracy holds the highest certifications as a Yoga instructor and Internationally Certified Yoga Therapist (ERYT 500, C-IAYT). She helps people improve wellness by reducing structural imbalances, balancing moods and managing chronic illnesses. She provides individual Yoga Therapy sessions at UpDog.



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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