



Therapeutic YOGA for Back CARE

Instructed by Linda Benton

FRIDAY, APRIL 24TH

6:00-8:30PM

This workshop is designed for those with back pain including scoliosis, low back pain, stenosis, aging degenerative disks, siatica, and chronic neck/shoulder/back pain.

In this workshop, Linda will guide you through:

Therapeutic Yoga Poses
General Back Pain Anatomy
Therapeutic Yoga Asana

Linda holds over 2500 hours and nearly 15 years of yoga teaching experience. She has over 1000 hours of teacher training specific to Yoga for Scoliosis and Back Care.

MEMBERS: \$45

NON-MEMBERS: \$50

