

Yoga Therapy *for* Back Pain

with Emily Kligerman



In this workshop, you will learn Yoga practices for healing and prevention of specific back pain conditions. We will explore and learn proper body mechanics, core stabilization, and gentle to moderate Yoga sequences that will support the health of the spine and the muscles of the back, neck, and hips. Emily will introduce Yoga techniques for mental clarity, breath awareness, acceptance, reduction of stress and anxiety. This workshop will help you to create a program of care to heal your individual back pain and is appropriate for all levels of Yoga experience.

Sunday, February 28, 2010  **1:00-3:30 PM**  **\$35**

EMILY KLIGERMAN brings almost two decades of experience and study in the field of mind-body wellness to her teaching. After completing a degree in Marriage and Family Therapy, she followed her love of yoga and completed a teacher training with Integrative Yoga Therapy and then traveled to India to study with master Yoga Therapists in the Krishnamacharya tradition. She has continued to deepen her understanding of the mind-body connection through working closely with sports medicine specialists, personal trainers, physical therapists, integrative movement practitioners, body workers, and senior Yoga teachers and therapists of the east and west. She is a Licensed Massage Therapist in both Swedish and Thai Massage and recently completed her certification as a Corrective Exercise Specialist. She is also featured in Real Bodywork's DVD "Yoga Therapy for Back Pain." It is Emily's intention to help her students create an enriching Yoga practice both on an off the mat.



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Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48-hour notice.