

Therapeutic Yoga for Upper Back, Neck & Shoulders
Wednesday September 5th, 2012
6:30-8:30 pm
Namaste Yoga Studio, Marshfield



Are you ready to stand tall and improve your posture? Do you want to feel more freedom and less pain and tension in your upper back, neck and shoulders? Are you interested in exploring yoga as a way to help manage headaches?

The time-tested tools of Viniyoga with its unique approach to breath-centric asana, posture adaptation, and safe sequencing can be effective for **improving posture, relieving back, neck, and shoulder tension and pain, and managing tension related headaches.**

Attend this yoga workshop and you will walk away with:

- A roadmap for understanding the structure of your upper back, neck, and shoulders**
- A short therapeutic yoga practice that can be used to relieve back, neck, and shoulder tension.**
- A developmental yoga practice to improve posture and promote stability and flexibility in the upper back, neck, and shoulders**
- Quick and easy yoga tools for the office**
- Breath awareness exercises that impact the spine**

Instructor: Jane Wengert RN, BSN, 200 hour Registered Yoga Instructor with Yoga Alliance, Viniyoga Therapist-in-Training.

Jane has been teaching yoga for 6 years and practicing for 10 years.

She completed the Foundation for Yoga Therapy in 2011.

Jane is currently studying Viniyoga Therapy with Gary Kraftsow, and the American Viniyoga Institute. She owns and operates Namaste Yoga Studio.

Beginners are welcome. The workshop will include posture (asana) and breath Awareness practices, guided relaxation, lecture, experiential learning

Preregistration is required. Limit 10. Fee \$20
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