

MONTHLY ASANA WORKSHOP - FEBRUARY 2010

YOGA FOR BACK PAIN

*The key to eternal life
is a flexible spine...*

Special Session: Unfortunately, almost everyone suffers from back pain at some point in their life. Yoga can be extremely beneficial in relieving the discomfort of back pain as well as being an excellent way of strengthening the back to avoid back problems arising.

During this Workshop we will be looking at various aspects of back pain:

- How to find relief from back and neck pain through yoga
- Dealing with specific back injuries
- The effects of posture and how to improve your posture
- How to strengthen your back and relieve pressure on the spine
- Working around back problems in your yoga practice

Attendees are welcome to submit specific queries or concerns to be covered during the Workshop. Give your back a break – come along and discover ways to ease your pain and start to give your back the support it needs to be healthy!

Venue: Laguna Park
Cost: \$25 (or a stamp and \$8)
Time: 10am to 12pm
Date: Sun 28th February

Limited to
12 students



"Yoga teaches us to cure what need not be endured and endure what cannot be cured."
~B.K.S. Iyengar



"Yoga is the fountain of youth. You're only as young as your spine is flexible." ~Bob Harper

**Coming
up in the March
workshop:**

Shoulder Openers!

 *Kate Porter Yoga*
YOGA FOR NORMAL PEOPLE

 +65 9781 3403  kateporteryoga.com  kate@kateporteryoga.com
 5000G Marine Parade Road, #04-29 Laguna Park, Singapore, 449290