

Applied Anatomy: Back Pain

**Saturday
November 6**

2:00 - 4:00 pm

\$30 (register online)

In this second session of a six-part Applied Anatomy series, we will explore yoga as therapy for back pain. The Primary Series practice in Ashtanga Yoga involves many forward-bending postures. Back pain is a common complaint for even the most advanced practitioners. Students will learn how to approach forward-bending postures with less strain on the spine and "juice" the back-bends throughout the Primary Series practice. Postures from the Intermediate Series will also be explored in a therapeutic context.

The next session is Saturday, December 6th: Backbending & the Psoas!



Instructor **Asha Wolf, DPT** holds a Doctorate in Physical Therapy, is a Certified Movement Analyst and has been teaching yoga for over 18 years. Asha has a private therapy practice specializing in chronic pain issues and injury rehabilitation through yoga.



Please Restock Registration Forms