

SUWANNEE RIVER YOGA

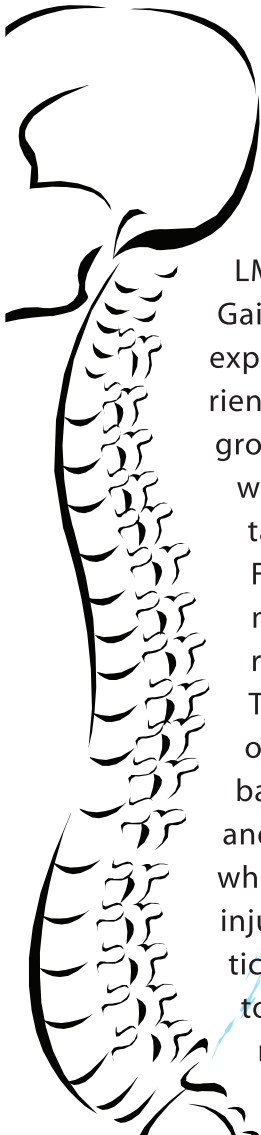
hosts

Yoga For Your Back

with Ann Gill

DECEMBER 1, 2007

1:00 P.M. – 3:30 P.M.



Yoga for your back is a workshop with Ann Gill, LMT, LCSW and yoga instructor since 1986 in Gainesville, Florida. Besides having 21 years of experience teaching yoga to people of all ages, experience and levels of ability, she brings a strong background in Occupational Therapy in which she worked in the area of physical rehabilitation and taught OT on the faculty of the University of Florida for 12 years. Ann is interested in bringing mind and body awareness to beginning and experienced yoga students from all backgrounds.

This Saturday afternoon workshop will be focused on aligning your spine for a strengthening and balancing yoga asana (physical posture) practice and for experiencing a deeper relaxation of your whole body to help you learn how to maintain an injury free state and a calm, focused mind. Two practice sequences will be given specifically designed to enhance pain free movement and improve mobility throughout the body. The benefits of body mind connection will be emphasized.

386-208-3966

PRE-REGISTRATION REQUIRED

Fee: \$35