

Upcoming workshop: Yoga therapy for the neck and shoulders

When

Saturday, May 15, 2010, 1–4 p.m.

What

geoYoga and Living Large Therapeutics offer a three-hour yoga therapy workshop for the neck and shoulders. The afternoon will consist of asana (postures), pranayama (breathing techniques), relaxation, and instruction in body/breath awareness. Each student will complete the workshop with a solid understanding of yoga practices that stretch and strengthen the neck and shoulders.

Appropriate for yoga students of all levels, the workshop introduces seasoned practitioners and beginners to the appropriate application of yoga therapeutics.

Through a regular practice of therapeutic yoga, students may reduce neck and shoulder pain and minimize reliance on pain-relief medication, improve quality of life, and reduce the number of doctor's visits.

Who

The workshop will be taught by Emily Large, PT, CYT, RYT-500. Emily is the founder of Living Large Therapeutics (www.livinglargetherapy.com), which combines the science of physical therapy with the time-honored practice of yoga. Emily has practiced physical therapy since 1994 in various settings, participated in physical therapy research, provided continuing education for health care professionals, and been featured in the New York Times, Yoga Journal, Palm Beach Post, PT Magazine, and NBC WPTV News Channel 5.

How

The cost for the three-hour workshop is \$60. Pre-registration is strongly recommended, as space will be limited. You can sign up in person at geoYoga, or you can pay and register on-line at www.geoyoga.com.

This course is eligible for continuing education hours toward Yoga Alliance requirements for registered yoga teachers. Please request certificate at time of registration.



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