

THERAPEUTIC YOGA FOR HEALTHY BACKS

with Ann Mundy

9:30am - 10:30am Fridays, Starts Sept 13, 2013



This class is accessible to students at all levels of experience.

Therapeutic Yoga for Healthy Backs

If you experience occasional aches, cricks, spasms, chronic back pain, or sciatica - RELEASE YOUR BACK!

Develop core abdominal strength for back support • Improve posture and balance • Release your neck • Alleviate pain • Renew energy



After extensive research on the sacroiliac joint, low back problems, and neck, Ann developed Bluebird Yoga, a yoga practice that healed her chronic back pain — from

her neck to lower back. Ann recently earned her 500-hour certification in Therapeutic Yoga from Subtle Yoga Teacher Training. www.bluebirdyoga.net

10 Wk Program: Sept 13 - Nov 15 • \$100
(Includes Tranquility Nature Trail access and a \$25 off coupon towards 1 Wellness Treatment)

Pre-registration required • Program space is limited • Drop-ins available, must be prearranged
Call for space availability • To register or for more information:



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