

# THE THERAPEUTIC YOGA FOR HEALTHY BACKS

with Ann Mundy



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

## Therapeutic Yoga for Healthy Backs

Learn an effective yoga practice designed to relieve back and neck pain, and enhance overall health. Each 90-minute class will include a short educational component, plus a complete yoga practice.

### The 10 components include:

- Abdominal strength, proper sitting and standing, breathing techniques
- An anatomy tour of some muscles and bones, including the sacrum and sacroiliac joint, pelvic floor, psoas, rhomboids.
- How to do twists, forward folds, and backbends without hurting yourself.



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](http://www.bluebirdyoga.net)

**\$80/hour for private sessions for individuals or groups**

Pre-registration required • Call for space availability • To register or for more information:



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