

# Yoga Therapy For Low Back Pain

with Tracy Flynn

**Thursdays, 6:30–7:30pm**

**June 3 – August 19, 2010**

**12 weeks, \$199**

**UpDog Yoga's Studio B**



Please join us for this gentle, safe approach to therapeutic yoga specifically designed for people with low back pain. We will follow the protocols from a study funded by the National Institutes of Health showing that yoga can reduce low back pain (published in the *Annals of Internal Medicine*, 20 December 2005).

We will begin with very simple and effective practices, and build on them from week to week. Short, take-home practices will be provided. No prior yoga experience is necessary.

When registering please make sure to give us your phone number as Tracy will be calling to discuss your back history prior to the start of class.

Please register by May 27, 2010. Class size is limited to 12.

**Tracy** is a highly trained yoga teacher with 10 years experience. She is currently enrolled in the American Viniyoga Institute's Yoga Therapy program and has completed training on structural conditions in the body. She continues her training on yoga therapy for physiological and emotional conditions in the coming year.

