

# UPPER BACK, NECK AND SHOULDERS

## *Purna Yoga Therapeutic Workshop*

### BIG ISLAND YOGA CENTER



**Saturday, October 13, 2018**  
**1:00– 4:00pm**  
**\$35.00**

You can prevent and relieve pain in your upper back, neck and shoulders by practicing proper alignment and learning simple stretches that will relieve accumulated tension.

Handouts will be provided and practiced.

*In this workshop you will learn:*

**CAUSES OF UPPER BACK, NECK AND SHOULDER ISSUES**  
**YOGA TOOLS TO HELP ALLEVIATE THE PAIN**  
**INSTRUCTIONS ON HOW TO PREVENT FUTURE PAIN**

**Class size is limited.**

***Please register early to reserve your space.***

**<http://www.purnayogahawaii.com/workshop-payment/workshops/>**

***OR register and pay with your BIYC teacher***



Instructor Jennifer Weinert has been teaching alignment-based yoga for over 20 years. She has studied extensively with Purna Yoga Masters Aadil Palkhivala and Savitri. Jennifer's knowledge of Therapeutic Yoga is solid, safe... and EFFECTIVE.

Her teaching style is compassionate and specific to individual needs.

Please call Jennifer at **808-895-0154** with any questions you may have