

YOGA FOR YOUR BACK, NECK, KNEES & MORE!



**September 30 ~
October 2, 2016**

Want to learn more about yoga therapy and how it helps with issues such as low back pain, neck, shoulder, knee, sciatica or hip issues, etc? Come and see how JJ Gormley applies principles of yoga therapy for healing aching joints.

This weekend workshop is also for teachers who are interested in yoga as therapy.

Contact Information:

Teddy: 307-763-0017

Steve: 307-751-5540

www.balancedlivingconsultants.com

Schedule

Friday

Overview of Yoga Therapy: 6:00 - 8:30 pm

Saturday a.m.

Focus on Lower Back: 9:30 am - 12:00 pm

Saturday p.m.

Focus on Hips & Knees: 2:00 - 4:30 pm

Sunday a.m.

Focus on Shoulders: 9:30 am - 12:00 pm

Sunday p.m.

Focus on Neck and Upper Back: 2:00 - 4:30 pm

Registration

Single Session: \$60

Three or More: \$55 each

Entire Weekend: \$250

Teachers only,

Stay for a discussion on both Saturday and Sunday from 4:45 - 5:30 pm

for an additional \$50 to deepen your understanding of how to work with students and clients with structural issues.

Instructor: JJ Gormley, Yoga Therapist & Educator

JJ Gormley has been practicing yoga since 1979, teaching since 1989 and teaching teachers since 1994. She is the Director of Surya Chandra Healing Yoga School which offers Yoga Teacher and Yoga Therapy trainings across the country. Please visit www.SuryaChandraHealingYoga.com

