

SAFE FOR THE SPINE YOGA, PILATES and ACTIVITIES OF DAILY LIVING

Yoga Inspired Movement and Exercise for All Ages and Stages of Your Life

- *For Yoga and Pilates teachers and students*
- *Joint or muscle pain*
- *Osteopenia, Osteoporosis, Spinal Stenosis, Degenerative Discs*

Saturday January 16, 2016

**Finger Lakes Yoga Center
90 South Main Street
Canandaigua, NY 14424**

10:30 am – 4 pm, Lunch on your own 12:30-1:30 pm



Zoe Fackelman, PT owner and physical therapist at Lake Country Physical Therapy and SportsCare, PC in Canandaigua, NY has been practicing yoga for 44 years. Zoe has done training with Sara Meeks, PT who specializes in treating and educating professionals on Osteoporosis. Zoe specializes in treating osteoporosis, spinal and pelvic floor conditions, sports injuries and orthopedics. She manages her own spinal pain with the principles she teaches.

Join us for an interactive workshop!

- **Learn how to move to minimize the compressive forces on the spine and reduce your risk for fracture of the spine and much more.**
- **Prevent, Arrest and or Reverse the common Patterns of Postural Change that occur in the body as, but not necessarily because, we age.**

***Wear exercise clothing**

***Bring a broom and a smile**

\$100.00 per person

RSVP to Lake Country Physical Therapy & SportsCare, PC

585-396-1400 or to zoe@lakecountrypt.com by January 9, 2016