

SAFE FOR THE SPINE YOGA

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

- *For yoga teachers and students*
- *Back or neck pain*
- *Osteopenia, Osteoporosis, Spinal Stenosis, Degenerative Discs*

Finger Lakes Yoga Center

90 South Main Street

Canandaigua, NY 14424

Saturday November 14, 2015

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 manages her chronic spine pain with her Yoga and Pilates practice. Zoe specializes in treating osteoporosis, spinal and pelvic floor conditions, sports injuries and orthopedics.

Join us for an interactive workshop!

- **Gain a better understanding of the anatomy of the spine and how to move to minimize the compressive forces on the spine**
- **Play with Perch Posture**
- **Get on and off the Floor safely**
- **Practice Safe for the Core Poses**
- **Mudra for Bone Health**

Wear exercise clothing and bring a broom

\$125.00 per person

RSVP to Lake Country Physical Therapy & Sportscare, PC

585-396-1400 or to zoe@lakecountrypt.com by November 13