

Back Care with Bruce

New Date Just Added

Saturday, March 6th

Sold Out

Saturday, March 27

Open for Registration

from 3:30 - 5:30pm

Investment:

\$30 Four Days

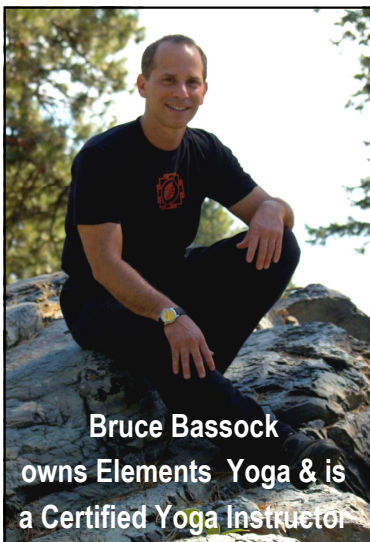
**Prior to Workshop
and \$35 thereafter**

This practical and effective workshop will teach you how to treat and prevent back pain through a number of yoga poses and simple exercises. In addition, breathing techniques will be taught in order to calm the nervous system as a way of releasing accumulated stress & tension that can contribute to back pain.

Since Bruce worked for over 20 years in NYC as a stock trader, it is no wonder that he developed severe back pain from the pressures of daily life. Along his path to becoming pain free, he discovered that by combining yoga with a particular bodywork technique he was able to alleviate his back pain and get stronger and more flexible while doing so. This workshop draws upon on his own experience and from over 18 years of study in a number of yoga traditions as well as his first hand experience of the Mattes Method.

No yoga experience necessary

This workshop is appropriate for anyone who has or has had back pain from stress and tension or from an injury. It is also recommended for injury prevention and is especially suitable if you are an athlete.



Bruce Bassock
owns Elements Yoga & is
a Certified Yoga Instructor

**354 Heights Road
Darien, CT 06820
203-655-9642
www.elementsyoga.com**

