

Yoga to Heal your Back

Learn 5000 year old methods as well as modern techniques to heal the multitude of back issues that debilitate so many people.

Work with Chris Acosta; known for using yoga for over 2 decades to heal his severe back issues and for assisting in the healing of many others.

Returning by popular demand!

Date: Saturday, 4.17.10

Time: 2:00-4:30pm

Cost: \$35 pre-register

Teacher: Chris Acosta

This workshop is for you if you are experiencing:

- ▶ Back pain
- ▶ Herniated/Bulging discs
- ▶ Compressed discs
- ▶ Degenerative disk disease
- ▶ Scoliosis
- ▶ Spondylosis
- ▶ Spondylolisthesis
- ▶ Pinched nerves
- ▶ Headaches resulting from back issues

How to register:

- ▶ go to our website:

www.stpetersburgyoga.com

- ▶ email us: info@stpetersburgyoga.com

- ▶ call us: 727-894-YOGA

Do it today ~ space is limited!
This workshop meets the CEU requirements for Yoga Alliance