



# Yoga Therapy for the Back & Shoulders

**1:30-3:30pm - Healthy Back**

**4-6pm - Happy Shoulders**

**March 3 1st**

**@ Village Yoga in Powell**

*For Yoga Students of All Levels and Yoga Teachers  
\$35 each or \$60 for both when you register by March 15th.  
\$40/\$75 thereafter.*

## **Do you have chronic pain? An annoying twinge that just won't go away?**

Then this workshop is for you! It's a little known fact that the poison is the cure. The same pose that may injure you will heal you if done properly. Not appropriate for brand new students or those with joint replacements.

### **Learn:**

- ▶ Skeletal and muscular anatomy of the joint(s)
- ▶ How to identify which movements & postures are potentially harmful
- ▶ Alignment techniques that preserve and promote healthy biomechanics
- ▶ Postures & practices to heal and protect the aggravated joint
- ▶ Ways of doing your current yoga practice therapeutically

*Please bring your mat, something to write with, your questions, and any props you like to use.*

**Laurel Hodory, MS, E-RYT500**, is a senior yoga teacher, a teacher's teacher and has been studying and teaching yoga in central Ohio since 1992. The former owner of It's Yoga Columbus, she has trained and certified more than 150 teachers, taught international retreats and workshops, trained the OSU NCAA Women's Rowing team, and has been published in several trade journals over the past decade. She has trained extensively in the field of therapeutics, using her understanding of yoga to heal her own chronic back pain. Her greatest joy is to empower others to transcend their limitations so they can experience greater fulfillment on and off the mat. When she's not on the mat, Laurel enjoys music, being outdoors, good food, and spending time family and friends.



**Register online at**

**[www.laurelhodory.com/shop](http://www.laurelhodory.com/shop)**

**or call Village Yoga**

**614-484-1575**

*"The heart is the hub of all  
sacred places;  
go there and roam."*

*--Bhagavan Nityananda*