



SUMMER 2014 Public Clinic: BACK & SPINE HEALTH

Friday, June 27TH, 7 - 8:30PM

This clinic will focus on the spine and how to find more freedom and movement of the spine.

Join the advanced Teacher Training Practitioners for a 2 hour Therapeutic Yoga Session.

In this workshop you are the focus and will receive a **hands on private session** from a Yoga Teacher in Training to improve function, reduce pain and increase freedom in your body. You will leave with a home practice specifically tailored to your needs.

Sign up early to reserve your spot, as this clinic is very popular! Cost is \$15.

YogaNorthDuluth.com 722-YOGA
4628 Pitt Street, Duluth MN

