

Yoga for Posture



- Specifically designed to improve posture.
- Provides a gentle flow to create better body awareness, breath efficiency, and postural strength while minimizing strain on the spine.
- Helpful for those with scoliosis, osteoporosis, and general back or neck pain.
- Improves balance, flexibility and fosters greater bone strength.

Join us to learn simple skills you can use on your own to feel:

- Greater confidence in your body
- Improved body awareness
- Greater peace in your mind and reduced anxiety

These classes are made to be RELAXING and SAFE providing:

- A variety of yoga poses and simple breathing exercises.
- Mask usage required for greatest safety

Where and When?

Callan-Harris Physical Therapy

Mondays & Wednesdays at 5 to 5:50 pm, ongoing

Instructor: Samana Lake, CYT, PT, physical therapist, certified yoga instructor, educates participants on how to work with their bodies to create better posture and alignment, ease of movement, and less pain.

12 class pass: \$216 (\$18 per class), **6 class pass: \$120** (\$20/class)

Drop in: \$22