

Yoga for Posture



Focus on:

- Specifically designed to improve posture.
- Provides a gentle flow to create better body awareness, breath efficiency, and postural strength.
- Helpful for those with scoliosis, osteoporosis, and general back or neck pain

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

- More confidence in your body
- More body awareness
- More peace in your mind.

These classes are made to be RELAXING and SAFE providing:

- A variety of yoga poses and simple breathing exercises.
- Vaccination required. Class size limited to seven students
- Mask usage required for greatest safety

When:

**Mondays & Wednesdays
5 pm – 6 pm**

Where:

**Callan-Harris Physical Therapy
1328 University Ave
Rochester, NY 14607**

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.

\$18 drop in or \$90 six class pass

Please call 585.482.5060 or email CHPTUSA@GMAIL.COM for more information.