



Back to Health presents its

## “HAPPY BACK” YOGA SERIES

Instructor: Bill Rodowsky, PTA, CYT

A six week physical therapy-based yoga series, with emphasis on reducing and preventing back pain. Classes will be held weekly at Back to Health on Saturday mornings at 11:00-12:00, beginning Saturday April 23, 2011. Participants must complete intake questionnaire prior to first session to establish base lines, specific concerns and precautions.

Class size: To insure adequate supervision and one on one attention, class size is limited to 8 participants. Cost: \$18 per session, or \$90 for the series (\$15/session) if paid in advance.

Equipment: You may bring your own yoga mat if you have one; if not, we have extra mats. Yoga bolsters, yoga blankets, and other incidental props to be provided by Back to health.

Session I: Yoga education. What to expect, precautions, yoga philosophy (no pain, focus, non-competitive), diaphragmatic breath, gentle Lumbar Spine (L/S) mobility and stretching, hamstring stretching, pelvic awareness (pelvic clock, pelvic tilt). Work on body awareness and meditation. Q & A

Session II: Feedback from previous session, and home practice. Review of yoga breath and yoga precautions. Lumbar mobility from previous session. Pelvic awareness from previous session. Addition of specific hip openers, and gentle twists. Body awareness, meditation, and Q & A.

Session III: Feedback, continuation of review of breath, and precautions. No progressions in this session. This session dedicated to fine tuning of body mechanics and technique. Body awareness, meditation, and Q/A.

Session IV: Feedback, review of breath, and precautions. Continue L/S foundational work from previous sessions. Emphasis on deepening and progression of the poses using the breath. Introduction of transverse abdominus strengthening. Body awareness meditation, and Q & A.

Session V: Feedback, review of breath and precautions. Continuatino of L/S mobility and strengthening program. This session will focus on the progression of hamstring flexibility, and hip flexor stretching. Body awareness, meditation and Q&A.

Session VI: Feedback, review of breath and precautions. Continuation of L/S mobility and strengthening program. Review of all previous postures. Body awareness meditation and Q & A.

**For further information or to sign up contact us via our website: [www.backtohealthpt.com](http://www.backtohealthpt.com) or call us at :954-565-0075.**