



# amir's yoga therapy for the low back healing low back pain with smart yoga

Don't miss this very popular workshop in which you'll learn to correct postural patterns and assume proper spinal alignment, learn practical ways to cope with storing stress in your body, and modify daily activities to prevent injury.

Reject the notion of "learning to live with it," and be pain-free.

**Saturday February 25**

**1:30 to 4:30 pm**

**Arlington Studio**

**\$45; or \$40 with**

**[ONLINE](#) registration**

**by 2/17**



find us online at [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com)

or give us a call at 703.525.YOGA

3811 Lee Hwy. Arlington, VA 22207 and 9998 Main St. Fairfax, VA 22031

*If you are not pre-registered for a workshop, please call the studio prior to dropping in.*

*If you are pre-registered and the workshop is cancelled, you will receive notification by telephone.*

**breathe. stretch. relax. repeat.**