

Spinal Health and Yoga

A Healing and Balance Workshop

with Lynn Shuck, E-RYT



Saturday, March 2, 2019

1:00 - 3:00 pm

The health of your spine directly impacts all of your physical functions. Lack of mobility in the spine, curves that are either too deep or too flat, compression of the vertebrae: all these imbalances *can* be improved by yoga. But if you do not know what those misalignments are, even a yoga practice can be detrimental.

This workshop is for all levels of yoga student. We will incorporate Eischens Yoga, movement practices, and a lot of observation and partner work to understand how to get more from some of the most commonly practice yoga poses (we might cover Downward Dog, Triangle, Forward Fold, and Cobra among others).

Early bird pricing: \$35

After Feb. 2nd: \$40

For more info or to register,
contact: www.theyogabarremn.com

110 ½ 1st Ave. E
Shakopee, MN 55379
952-221-8092



Lynn Shuck has been teaching yoga for over 20 years. Her method, Healing and Balance, is greatly influenced by Eischens Yoga, biomechanics, therapeutic yoga, and a current interest in neuroplasticity. Lynn is known for her ability to see bodies in ways that you may never have considered. This can turn a workshop into multiple private sessions as everyone participating learns about their own bodies as well as about the topic at hand. For more on Lynn, visit www.lynnshuck.com