



# BACK CARE FUNDAMENTALS

with  
*Rat* Connors-Longo

**Saturday,  
October 30, 2010**

1:30 - 4:00 pm  
\$35 in advance  
\$40 at the door

*Next to the old fashion head cold, back pain is the most common ailment around. The pain can range from slight discomfort to eye watering spasms that stop you in your tracks. At one time or another mild to acute back pain affects almost all of us. Whether it's once a month, once a week or a daily experience back pain can be changed even banished.*

*Back Care Fundamentals is a yoga-based workshop, which will systematically work with the student's entire spine, from the nap of the neck to the tailbone, to relieve and prevent back pain. The workshop will incorporate breathing techniques and yoga postures that blend bringing strength, flexibility and stabilization to the different areas of the body that sustain a healthy back. As a student you and your back, will walk away feeling integrated and energized. **All levels welcome. No experience necessary.***

*Please note: This workshop is not suitable for those with acute injuries.*



*Rat's teaching style encourages breath, strength, integrity, and finding alignment through the development of internal connection. She provides a safe compassionate environment, a healing touch and a mindful, dynamic approach to yoga, integrating mind, body and spirit.*



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