

Practice yoga is pleased to present:
**Therapeutics for the Lower back,
Hips, Knees and Feet
with Ellen Saltonstall**
Sunday, October 3, 2010
10 am to 12:30 pm, 2:30 to 5 pm 5 hrs. workshop
\$70 before September 18th, \$80 after.
No refunds after 9/24
Pre-registration is required. Space is limited to 23.
Please email: [HYPERLINK](mailto:contact@practiceyogastudio.com)
"mailto:contact@practiceyogastudio.com"
contact@practiceyogastudio.com to register.

After a decade of study in the Iyengar yoga method, Ellen Saltonstall met John Friend and became a certified teacher of Anusara Yoga. She is also a senior teacher of Kinetic Awareness with a specialty in therapeutics. She has over thirty years of experience and teaches classes and privates in her studio in NYC, as well as teacher trainings and workshops locally and internationally. Ellen has recently co-authored two books with Dr. Loren Fishman published by WW Norton: Yoga for Arthritis, March 2008, and Yoga for Osteoporosis, March 2010. [HYPERLINK "http://www.mohiniyoga.com" www.mohiniyoga.com](http://www.mohiniyoga.com)

Workshop Description:

Lower back pain, sciatica, and knee problems plague yogis as well as those who do other exercise or no exercise. In this workshop we will look at the biomechanics of the lower body, and practice therapeutic yoga techniques to relieve and prevent a variety of conditions. You will learn how to adapt poses for special needs, and how to align the lower spine, pelvis and legs for maximum strength and flexibility in any level of yoga practice. Class will include some work with rubber balls, a technique called Kinetic Awareness, which dramatically eases tension in the muscles and joints. Ellen will bring the balls, which can be purchased for home use at the end of the day. Please join us for a uniquely informative and enjoyable day!