

The Studio @ Rubin Health Center

Back Care, Alignment & Inversion

When: Tuesdays

6:30 PM to 7:30 PM

Drop-Ins \$15.00

YOGA



If you work at a desk in front of a computer all day, this class is for you to counter-act daily stresses. Yoga props are utilized for therapeutic reasons to position the body to be free of pain and constriction so that the mind can settle into the body and allow the heart to radiate. With emphasis on alignment, you will learn that it is possible to re-program the negative postural patterns which result in pain, headaches and inflammation. With yoga swings available at the studio, it is possible for all levels to experience fun and ease in the class.

