

# Back Care & Scoliosis Workshop with Linda Benton



## Scoliosis, Kyphosis, Lordosis and General Back Pain

- This workshop will introduce you to the anatomy of the spine and how the muscles and lung capacity are affected by back pain. For those with Scoliosis, you will be introduced to the major curve pattern (s). Yoga for Back Care & Scoliosis will:
  - be key to releasing pain
  - stretch & release tension in tight muscles
  - strengthen weak muscles

**Saturday, November 16<sup>th</sup>, 1–4 PM**

**\$35 members; \$45 non-members**

Linda holds over 2500 hours and nearly 15 years of yoga teaching experience; has 1000+ hours of teacher training specific to Yoga for Back Care. & Scoliosis. She has interned and mentored weekly with Gabriel Halpern and DL Heraty for the past 2 years. She also just enjoyed a 5 day workshop with Doug Keller this summer and is currently enrolled for her C-IAYT thru Inner Peace Yoga Therapy.



**Akasha Yoga Center**

**121 N. Main St, Crystal Lake, IL**

**815-356-7089**

**[www.akashayogacenter.com](http://www.akashayogacenter.com)**

**A K A S H A**  
Yoga • Healing Arts • Education