

**SPECIAL EVENT**



# Yoga for a Healthy Back

with Robyn Okrant

**3-week series: April 19 - May 3**  
**Saturdays from 1:00pm - 2:30pm**  
**\$45 if registered by April 16, \$55 thereafter**

If you suffer from back pain, you are in good company. Medical studies report that 80% of Americans suffer from back or neck pain at some point in their lives. This pain can develop due to many reasons including: injury, structural issues/spinal deformities, stress, weak and inflexible muscles, poor posture, and age. In order to avoid taking medication or submitting to invasive surgery, many sufferers have turned to a consistent yoga practice to alleviate pain.

This 3-week workshop will help you build a gentle practice to relax your neck and back, gain mobility, and strengthen supportive muscles. Through breathing techniques, relaxation exercises, and stretching and strengthening postures, you'll learn to minimize chronic pain and maintain a pain-free back. This class is appropriate for both those who have previous yoga experience and those who have none. Additionally, students who've had back surgery will find this class helpful to avoid future problems associated with their specific surgeries. Pre-registration is required. Space is limited.

If you would like to contact the teacher with any concerns before you register, please email: [info@bloomyogastudio.com](mailto:info@bloomyogastudio.com)

### Robyn Okrant

Robyn received her yoga teaching certification at the Chicago Yoga Center after starting her own yoga practice in 1997. She began practicing yoga due to chronic back pain caused by scoliosis, poor posture and stress. She quickly discovered that her practice not only helped to minimize her physical discomfort, but brought a new sense of joy, peace, strength and contentment to her life. As a result of her own journey, she has made a study of anatomy, physiology and currently apprentices with Gabriel Halpern to gain a deeper understanding of the therapeutic benefits of yoga.



**PLEASE NOTE:** This is a three-week series and is meant to be attended on all of the above dates. Students who must miss a class may arrange a make-up with the instructor.

To Register, fill out form below and mail or drop off at Bloom's front desk, call, or register on-line at <http://www.bloomyogastudio.com/register>

## APRIL YOGA FOR A HEALTHY BACK REGISTRATION FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/ZIP \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

<b>METHOD OF PAYMENT</b>	<input type="checkbox"/> Cash
	<input type="checkbox"/> Check
	VISA, MC, or AMEX <input type="checkbox"/> Credit Card

Amount \_\_\_\_\_  
Name on Card \_\_\_\_\_  
Credit Card # \_\_\_\_\_  
Expiration date \_\_\_\_\_  
Signature \_\_\_\_\_

**Bloom Cancellation Policies:** Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours prior to the beginning of the workshop, your payment may be transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

**Visit [www.bloomyogastudio.com](http://www.bloomyogastudio.com)**  
**for information about classes, workshops & more!**