

Happy Hips & A Healthy Back

Sunday, February 19 • 2:00 to 4:00 p.m.

- Are your hamstrings and hips tight?
- Do you have a sore lower back or pain when you sit or walk?
- Have you ever been told you have sciatica or bulging/herniated disks?

Then this is the class for you!

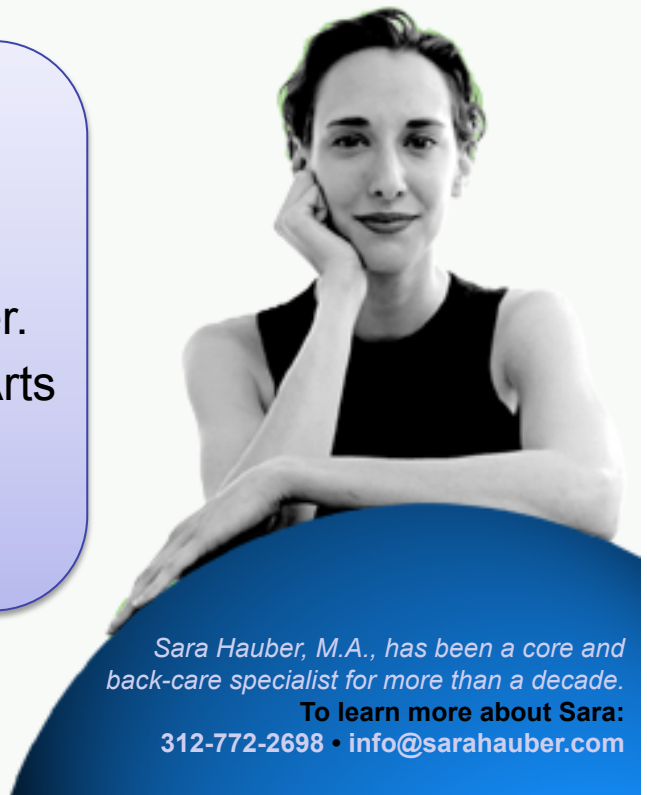
In this 2-hour workshop, you'll practice:

- Four of the most important exercises to activate your core, support your spine, and remove pressure from your lower back,
- Four of the best stretches for releasing tight hips and giving your lower back freedom to function properly, and
- Techniques for using these movements throughout your day and in your yoga practice.

Like her "Yoga without Back Pain" classes, this special workshop is packed with the exact exercises Sara does to keep her own back and hips healthy—19 years after major spinal fusion to correct scoliosis!

*\$25 if registered by Feb 12;
\$30 if registered after Feb 12.*

Call (919)732-3051 to register.
Hillsborough Yoga & Healing Arts
1812 Becketts Ridge Dr.
Hillsborough, NC



Sara Hauber, M.A., has been a core and back-care specialist for more than a decade.

To learn more about Sara:
312-772-2698 • info@sarahauber.com