



Rx:Yoga!Rx

with
Gail Dubinsky M.D.

A series of themed workshops teaching Yoga tools to reduce pain and increase function.

**Familiar exercises "Yoga-ized" to enhance their effectiveness*

**Yoga exercises modified to fit virtually every need.*

Saturday Feb 24 or Monday Feb 26 10:30-11:45 AM

Low back, Sacroiliac Joint and a bit of Core

Saturday March 30 or Monday April 1 10:30-11:45 AM

Knees and Hips

Saturday April 20 or Monday April 22 10:30-11:45 AM

Neck, Upper back and Shoulders

Saturday May 18 or Monday May 20 10:30 AM-11:45 AM

Mobilize the Rib Cage to Free the Breath

Class size is limited to 6 participants, therefore

*Preregistration (specify day) is **required** at dubinsky@rxyoga.com or 707 829*

7596 AND

*Prepayment of \$21 per class is **required** online at Paypal to dubinsky@rxyoga.com
(or call to discuss other payment options)*

