

THERAPEUTIC PRACTICES

Tuesdays, 7:15-8:45 pm, October 25 through November 29

Class Description

This six-week session is designed to improve mobility, stability, and alignment in targeted areas. Each practice will apply Viniyoga principles to achieve an intended therapeutic function. The first three sessions will focus on the low back, sacrum, and hips. The second three sessions will focus on the upper back, shoulders, and neck. Each class will include therapeutic applications of asana, breathing, and introspection, including suggestions for home practice. Appropriate for all levels.



About the Instructor

Diana completed her 200- and 500- hour teacher training at Golden Heart Yoga with Lynn Matthews and Jenny Otto. She is presently studying with Gary Kraftsow, Mirka Scalco Kraftsow, and faculty of the American Viniyoga Institute, and is working toward an advanced Viniyoga Teacher Certification.