

Addressing Chronic Back Pain with the Egoscue Method

...with Jill Gaumont

Sat. Apr 21, 2018

1:30pm - 4:30pm

Cost \$50 (\$45 members)



During this 3 hour workshop we will explore different E-cises that address alignment issues that may be related to the experience of chronic back pain.



This workshop is suitable for all levels

This workshop is in no way intended as medical advice.

#206, 2016 Sherwood Drive . yogafortoday.ca

