

HEALTHY PAIN FREE SHOULDERS

Addressing Rotator Cuff, Frozen Shoulder &
Other Shoulder Pains Through Yoga

Sat. November 24, 2018
1 - 4pm
\$50 (\$45 members)



Reg Nugent



Our shoulders can cause us pain especially if we have past injuries, or spend long hours sitting at work. By understanding how our shoulders are meant to function we can judge if the sensations in our asana / stretches are “good or bad”. Recovering fully from rotator cuff issues, frozen shoulder, tension headaches and general stiffness can be accomplished with consistent, properly aligned Yoga.

Learn more about your shoulders, where the pain is coming from and how to improve the situation through Yoga.

206, 2016 Sherwood Drive . yogafortoday.ca

