



Overcoming Pain With Yoga Therapy

Holistic Healing for
the Upper Back, Neck
& Shoulders

Sep 14 - Sep 16 2018 Rhinebeck, NY

OMEGA



Reduce pain and optimize health in the upper back, neck and shoulders with these evidence-based and non-pharmacological methods. *Emily Large* will offer strategies rooted in yoga therapeutics and mindfulness, from a physical therapist's perspective.

Continuing education hours are available for physical therapists, physical therapy assistants, yoga teachers and yoga therapists.

LEARN MORE & REGISTER AT:

<https://www.eomega.org/workshops/overcoming-pain-with-yoga-therapy>

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