

# yoga therapeutics series

yoga as a modality for healing

**Dates: October 4 – November 10, 2016 at Wareings Gym**

**Tuesdays & Thursdays 4:30pm – 5:30**

**Cost: \$399**

**Register with payment at Wareings Front Desk**

**Questions – call 757-589-3882 Diane Malaspina**



Join a 6-week therapeutic series focusing on healing of acute and chronic injuries emphasizing preventative treatment and overall wellness. Each session will focus on specific function and dysfunction issues and how to integrate yoga to create equanimity in the body.

Includes 2 seminars on reducing inflammation through nutrition and meditation.

**Nutrition seminar will be held October 7 at 5:00pm and Meditation seminar will be held October 21 at 5:00pm**

“If you want to discover, treat, and improve the painful tight areas of your body then this is the class for you. The individual personal attention, and the use of props to get into the hidden deep muscles was fantastic. I thoroughly enjoyed this yoga series and thought the instructor was right on target in accomplishing the goals. I highly recommend this class to anyone who desires to address these issues; it has helped me immensely.” Theo

“Diane’s yoga therapeutics program is amazing! As someone who has never done yoga, I was a little apprehensive, but I am so glad I took this class. It is the perfect compliment to your regular work out/sports routine. Diane carefully leads you through ways to work out all those lingering aches and pains. She is extremely knowledgeable about the mechanics of the body. She gives you very specific ways to both

loosen and strengthen all your tight and/or sore areas. Diane teaches techniques for the long term strength and stability of your body. This is the class that keeps on giving, even after it is over.” Peggy