



High Desert Yoga presents

Basic Back Care

a workshop with **Bobbie Fultz**

Saturday, June 8, 2019

2:00-5:00 PM



Back problems result from a myriad of issues. Some are as simple as low pain and muscles spasms, while others are more complex, such as herniated discs, sciatica, scoliosis, kyphosis, or spondylosis.

This experiential workshop is for those with back problems as well as yoga teachers. After looking at individuals to discern outward signs of different conditions, we will discuss approaches for yoga practice and day-to-day living. Then we'll explore opening classical yoga asanas and use of available props to address each situation.

As alignment is important for this process, please do not wear baggy clothing.

Bobbie Fultz is a CIYT* and IAYT* Yoga Therapist whose home studio is Yoga Vidya in Santa Fe, NM. Bobbie has been leading workshops nationally and internationally since 1991 and is enthusiastic about sharing her information base on adapting classical yoga asanas to the needs of individual students. Her own scoliosis brings an extra "twist" to her teaching, particularly on the subject of back care.

*CIYT Certified Junior Intermediate II Iyengar Yoga Teacher

*IAYT International Association of Yoga Therapists



Individual Student

\$55* pre-registered • \$65* at the door

Teacher + Student (price for both people)

\$100* pre-registered • \$120* at the door

** plus 7.875% NM gross receipts tax*

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