

Solaluna

Center for Yoga &
Movement

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Caring For Your Back

A Six-Week Series With Nikki Rogers

Time: Thursday Mornings 7:00-8:15

February 11, 2010 - March 18, 2010

Cost: \$65/\$50 for Seniors & Students

Find Center.....

Suppleness.....

Renewal

Do you have trouble with your back? Do you feel diminished possibilities for movement? In this workshop we will use the practice of yoga to explore the relationship between the form and function of the spine during daily activities and movements. We will learn how each individual segment of the spine has a specific role in movement and how the cervical, thoracic, and lumbar vertebrae can work in concert to facilitate fluid, coordinated actions. With this knowledge, students will gain powerful tools for self-care, building support and ease in movement and in life.

Nikki Rogers, MPT, RYT is a Licensed Physical Therapist, Registered Yoga Teacher with the Yoga Alliance, and a Certified Strength Training Specialist through IWA. She combines substantial scientific training with a holistic approach to health and has worked with people of all ages and abilities. In addition to her regular community classes, Nikki has taught yoga to teenage girls and has developed a special therapeutic yoga group for children with Autism at Fisher Titus Medical Center. Ever the dedicated student, she continues her studies with local master teachers Bobbi Holliday (Alpha Yoga Flow), Bhumi Harriet Russell (Kripalu style and Bhumi's Blend), and Eric Stewart (Originator of Simple Yoga). Nikki attends many local and national workshops in the areas of yoga, holistic health, and physical therapy to keep her knowledge current and and timely.

