



**YOGA CENTER
OF MARIN**

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REMEDY for NECK & SHOULDERS with Cynthia Bernheim

Saturday, Mar. 3, 2012 • 1–3:30 PM



The humble shoulders, where we carry much of our responsibility, or sometimes a chip (and where the Hindu god Shiva carries a resting cobra), determine much about our posture and movement in the world, on and off the mat.

Throughout much of everyday life, we largely depend on the manipulative abilities of our arms and hands, the relatively free movement of which rests on the mobility of our shoulders. While our shoulders are the most mobile joint in our body, they must also be strong enough to allow us to lift, push, pull, twist, and move with or against force in multiple directions. It took millions of years for us humans to evolve and develop the kind of muscles in our backs that allow us to stand and walk upright. But for the century that passed, modern life activities have taken its toll on our neck and upper back muscles.

This workshop will provide asana alternatives for students with neck and shoulder problems due to emotional trauma, repetitive stress injuries, or just everyday life!

PLEASE NOTE: If you are recovering from or have any neck or shoulder or spine injury, please consult your physician before registering.

CYNTHIA BERNHEIM combines her enthusiasm and love of yoga with a knowledge of alignment and body mechanics. She received her training as a yoga teacher in the 500-hour Advanced Studies Program at the Iyengar Yoga Institute of San Francisco. She has also completed the Anusara Immersion taught by Laura Christensen. Cynthia currently volunteers her time as a Board Member for the Northern California Iyengar Yoga Association.

THIS WORKSHOP

- All levels
- Limited to 15 people:
- \$20/pre-registered
- \$25/drop-in, if space is available

Please use this form to register. Pre-registration is encouraged for all workshops.

WORKSHOP/date & time: REMEDY FOR NECK & SHOULDERS with Cynthia Bernheim / Mar. 3, 2012

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____
email: _____

HOW DID YOU HEAR about this series? Flyer Website
 Ad Friend Drive/walk by Other _____

PAYMENT BY: check MC/VISA AMOUNT: _____
Card #: _____ Exp date: _____
Name on card: _____
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Signature: _____

CHECKS PAYABLE TO: Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925
FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at www.yogacenterofmarin.com



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