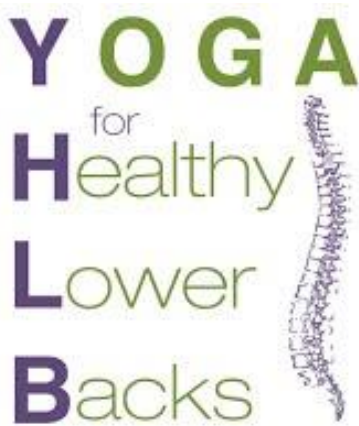


Do you have episodes of low back pain?



Would you like to learn a proven yoga programme, 30% better than “usual care”, for self-management of pain-relief, healing and long-term improvement of your back health?

Gentle, effective, enjoyable

Small group classes; specific; individualized

Tutor Bijam (Dr. Jenni Connaughton) – (Yoga Scotland and Bihar School of Yoga UK registered teacher and fully qualified YHLB teacher)

Venue Choose YOU – yoga studio and wellness hub, Carmondean Centre Road, North Livingston, EH54 8PT

Dates 5 September to 5 December 2017 (not on, week of 17 October)

Time 14.00 – 15.30 Tuesday afternoons

Cost: £ 130 includes 12 weekly classes, book, home practice sheets and relaxations CD

The course is progressive and drop-in is not available. It will go ahead if a minimum of 5 register.

To register - contact Bijam on 07966 573804 or info@yogawithbijam.co.uk

