



## Ashtanga Yoga for a Healthier Back: Master-Class By Karim Strougo

Discover the ancient therapeutic power of Yoga through a flowing series of Asanas designed to restore the back to its original form and free it from any tension.

In this class, Karim combines scientifically-tested therapeutic methods with the amazing healing power of Yoga!

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	—

**\* Only if taken with the “Therapeutic Yoga for Low Back Problems” workshop.  
Classes alone do not offer any CEUs.**