



Therapeutic Yoga for Low-Back Problems: Workshop By Karim Strougo

One of the most fundamental beliefs in Yoga is that the human body is capable of healing itself !

This comprehensive workshop will help you to incorporate science into your yoga practice to help your clients get rid of low-back pain, restore good health and balance to the spine and maintain a healthy back throughout their daily lives.

Karim brings his years of practice as a fitness therapist into this therapeutic Yoga workshop to give you well-tested techniques to relieve most low-back ailments; connecting the mind to the body and unleashing the tremendous healing power of Yoga from within.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
5	4.5*	4.5*	—

***Only if taken with the “Ashtanga Yoga for a Healthier Back” Master Class.
Workshop alone is worth 4 SAFE and AFAA CEUs**