



Yoga for Posture

This class has a gentle flow specifically designed to improve posture and create better body awareness, breath efficiency, and postural strength while minimizing strain on the spine. It is helpful for those with scoliosis, osteoporosis, and general back or neck pain.



Samana Lake, CYT, PT

Physical Therapist and Certified Yoga Instructor educates participants on how to work with their bodies to create better posture and alignment, ease of movement, and less pain.

Diagnosis

- ▶ Scoliosis
- ▶ Osteoporosis/Osteopenia
- ▶ Neck and/or Back Pain

Mondays & Wednesdays

5 pm - 5:50 pm

1328 University Ave Rochester



191 W Main St, Webster ▶ 1328 University Ave, Rochester

📞 585-482-5060

www.wellness360fitness.com

