



The Studio at Panterra
...for yoga and well-being
Westfield, New York

Yoga for Back Care

with Dariel Woltz

Sunday, June 3

10:30 am - 4:30 pm with a tea break • Cost: \$85

(5.5 Contact CEUs for YA Teachers)

No one wants an aching back but it seems like most of us experience either temporary or chronic back pain at some time in our lives.

Although back pain is a complex issue, yoga offers many proactive things we can do to maintain fluidity and decompression of the spine, as well as mobility and strength in areas of the body which can help to keep this difficulty at bay.

Bring yourself and that person you know who has back issues and learn some of the fundamental principles and practices to help care for, as well as prevent, an aching back. If you're a yoga teacher, you'll learn things to avoid as well as encourage in your student's practice.



Dariel DeGennaro Woltz has been the Director of The Studio At Panterra since 1999. She is a 500 hour Experienced Yoga Alliance Teacher and Continuing Education Provider, and her studio is a Registered Yoga Alliance School. Dariel has completed the Yoga for Scoliosis Training with Elise Miller as well as the Yoga for Back Care, Essential, Advanced, and Pranayama Teacher Trainings at Open Sky Yoga. Dariel became a Kripalu Yoga Teacher in 1979 and remains a continuing student of the Iyengar tradition.

For Information/Registration: Jen Raines 716-708-2521 • Dariel Woltz 716-397-5973

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The Studio at Panterra is located at 8579 Hardscrabble Rd., 3 miles west of Westfield, NY 14787, 1 mile from Rt. 20