



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

# Yoga for Back Care Part 2

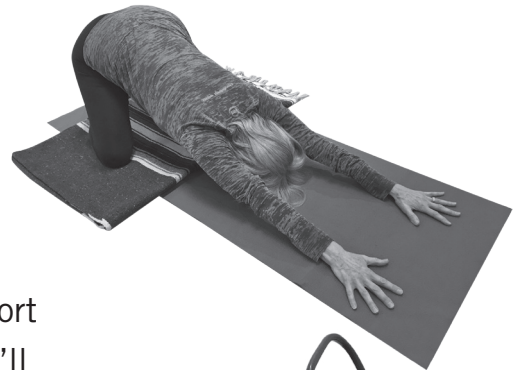
with Dariel Woltz

**Sunday, November 11**

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

(5.5 Contact CEUs for YA Teachers)

No need to have taken Part 1 of this workshop to benefit from Part 2! There are many reasons we can experience back issues and most of us will know what it's like to have an aching back at some time in our lives. If you or someone you care about has chronic or sporadic back discomfort come and bring them along. In this workshop we'll refresh our experience of the ways to support daily postural integrity and add to the varied practices that can be used to prevent back discomfort as well as mediate it if it occurs.



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

Email: [studiopanterra@me.com](mailto:studiopanterra@me.com) • [www.studiopanterra.com](http://www.studiopanterra.com) • Facebook: The Studio at Panterra

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