

# YOGA LOKA

34 Bridge Street Frenchtown, NJ 08825  
908-268-74300 www.yoga-loka.com

*Studies have shown Yoga to be effective in alleviating back pain through the structural changes it can effect and the fact that the practice helps to deal with stress.*

*"Back pain is just a tension headache that has slipped down the back" -Dr. John Basmajian, biofeedback researcher at Atlanta's Emory Medical Center.*

## Back Basics

A class dedicated to healing back pain.

**Begins March 21st**

Wednesdays 6:00-7:15 pm

with

**Bonnie Pariser**

This class will help you to let go of some stress, strengthen the muscles that effectively support your back, and loosen up your hips and spine. Bonnie will also show you ways of moving safely through your life. No prior yoga experience is necessary.



6 week session- \$80 if registered by March 10th  
\$90 if registered after  
Registration required by March 18th.

*Bonnie Pariser is the founder, director and senior instructor at Yoga Loka in Frenchtown. She has practiced Yoga for more than 20 years and has taught Yoga for eight years. Bonnie completed her initial Yoga Teacher Training and her first Therapeutic Yoga Teacher Training at Saraswati River Yoga with Kirin Mishra. In January Bonnie became certified as a Structural Yoga Therapist under the direction of Mukunda Stiles, a world-wide leader in the field of Therapeutic Yoga, and the author of the seminal book, "Structural Yoga Therapy." Bonnie works with private clients helping them to overcome pain in their body and get peace in their lives.*

Name : \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

**To register, please send a check made out to Yoga Loka, for Back Basics.  
YOGA LOKA 34 Bridge Street Suite #2 Frenchtown, NJ 08825**

Yoga Loka reserves the right to cancel workshops at any time. In the event of a cancellation, any fees paid will be refunded in full.