

# Yoga For Your Back

## With Regina Armenta

6-week Mini-Session at The Yoga Center of Columbia

**Wednesdays** January 11 - February 15, 1:30pm - 3:00pm \$96  
**Saturdays** January 14 - February 18, 2:00pm - 3:30pm \$96

The Yoga for backs series has been created to help you explore and learn the basic anatomy and kinesiology of the back, the healing process of the human body and how to create a therapeutic Yoga practice for your individual needs.

This series will help guide you on the path of maintaining a healthy body and a healthy back while improving your quality of life. Please join us to empower yourself while you listen and learn the unique and beautiful language of 'your' body.

### FREE Class

#### Yoga For Your Back

Wednesday, January 4th

1:30pm - 3:00pm

Saturday, January 7th

2:00pm - 3:30pm

Try A Free Class With No Obligation.  
Call 410-720-4340 to reserve your spot.

**Only 10 students  
will be accepted.**

- Learning basic anatomy and kinesiology of the back.
- Evaluating back injuries and posture.
- Learn how to track the healing process.
- Therapeutic Yoga Poses for the back.
- Daily activities to maintain a healthy back.



After receiving a BA in Physical Therapy from The Ohio State University, Regina began studying Yoga. She completed a 200hr teacher training in Vinyasa flow, a 9 month Anusara Immersion and a 200 hr teacher training in Anusara Yoga. She has studied and apprenticed with many Anusara Certified teachers including; Suzie Hurley, Moses Brown, Kathy Donnelly, Kate Miller, Vivian Campagna, Maria Hamburger, as well as studying with philosopher Douglas Brooks and Olga Rasmussen. Regina blends her knowledge of anatomy, kinesiology and the five Universal Principals of Alignment with her gentle philosophy of self exploration. With her beautiful array of knowledge she creates a safe environment for her students to learn and explore the basics of a Yoga practice. Regina has worked with seniors, teens and beginners and has had the privilege of witnessing transformations of, not only strength, flexibility and balance but most of all, the improvements in the quality of life, of her students.

### (Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at [www.columbiayoga.com](http://www.columbiayoga.com)

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

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please check:   Check here if this is a new address

Telephone # : (Days) \_\_\_\_\_ (Nights) \_\_\_\_\_

E- Mail: \_\_\_\_\_

Please sign me up for the following Yoga For Your Back with Regina Armenta, 6-week mini-session:

Wednesdays, Jan. 11 - Feb. 15, 1:30pm - 3:00pm \$96  Saturdays, Jan. 14 - Feb. 18. 2:00pm - 3:30pm \$96

Payment Type:  Cash  Check  Visa  MasterCard  American Express  Discover

Acct. No. \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_