

The Healthy Joint Series: Knee Workshop with Debbie Jensen - Grubb

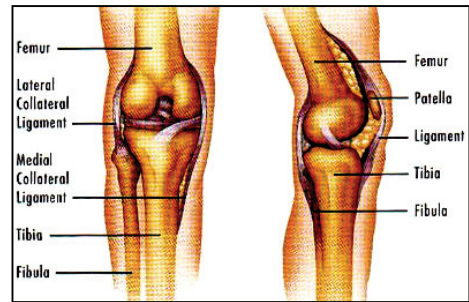
Saturday, February 25, 2012 10:00am - 12:00pm \$35

YOUR JOINTS ARE DESIGNED FOR A LIFETIME OF FAITHFUL SERVICE.

The knee is the joint that is most susceptible to injury due to its instability. It is known as the friendly joint because it takes on so much from the body.

If you are having knee pain, then look to the muscles above and below it to help improve its condition. The most common risk factor for knee pain are old age, obesity, knee injuries because of hyperextension, misalignment of knee, inappropriate way of doing exercise, tight muscles, weak muscles, or because of combination of above factors etc.

Knee joints in our body can be healthy if the muscles that support them are healthy i.e. both strong and supple.



PRACTICED WITH CARE, YOGA POSTURES CAN CONTRIBUTE TO THE LONG-TERM HEALTH OF YOUR KNEES BY :

- Strengthening your quadriceps
- Opening your stiff hips
- Teaching your body improved alignment and movement patterns that transfer into your everyday activities.



Debbie Jensen-Grubb, Registered Yoga Teacher 500 hours with Yoga Alliance (RYT500), member of the International Association of Yoga Therapists, graduate of TYC's Teachers Training program, and a Registered Nurse. Debbie focuses her years of training on how yoga can heal the body through a therapeutic approach to injuries and chronic illnesses. She supports the development of her student's own awakening of body/mind awareness through poses, breath, meditation, and relaxation. Debbie is a senior teacher at The Yoga Center of Columbia.

(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 information to 410.772.9591

Name: _____

Address: _____

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Please sign me up for the:

Healthy Joints Workshop - Knees: with Debbie Jensen-Grubb, Saturday, February 25, 10am - 12pm \$35

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____