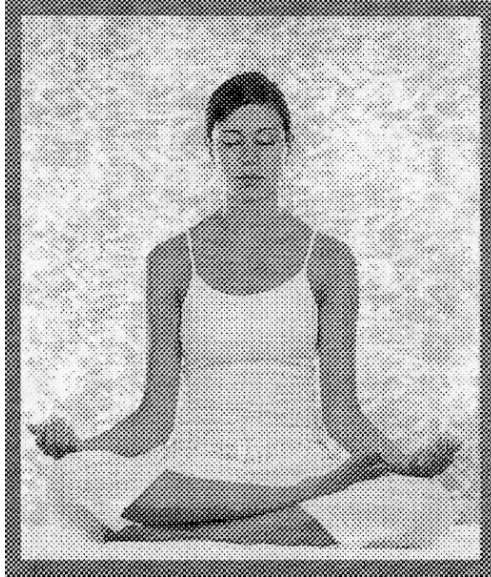


# Therapeutic Yoga for All Ages and Abilities!

Gentle yoga to regain flexibility, posture and strength  
Focus on breathing to relax the body and calm the mind  
Hands-on approach used in conjunction with classic yoga postures



at Boston PainCare Center  
**Yoga for the Back**  
Every Thursday Night  
6:15PM - 7:15 PM  
Cost is \$10

payable by cash or check at time of session

*Please register prior to class as space is limited to 15 people  
If you have any questions, please call: 781-647-7426 (PAIN)*

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**Registration:** *Please fill out form and leave with your therapist.*

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

Telephone #: \_\_\_\_\_

List Dates You Would Like to Attend:  
\_\_\_\_\_