



with Yoga Therapist Bonnie Pariser

Bonnie Pariser, Structural Yoga Therapist from Yoga Loka Yoga Studio in Frenchtown, will be presenting a yoga clinic highlighting ways yoga practices can help ease and prevent back pain.

Back pain can stem from tightness, weakness and many different misalignments. Medical studies have shown that a gentle and mindful yoga practice can reduce many forms of back pain. In this class you will learn some techniques that can be used for a variety of back conditions. There will be time for questions regarding your specific condition. No previous experience in yoga is necessary to attend this class.

Tuesday, March 27 at 7:00 pm

Hunterdon County Library

314 State Route 12, Flemington

This program is free and open to the public.

Due to the popularity of our programs, we recommend reserving a seat. Please call (908) 788-1434, or click on the Calendar of Events at www.hclibrary.us

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (908) 788-1434. Without advance reservations, it may not be possible to provide accommodations. 2/18