

# Neck & Shoulders & Knees Series

**Thursdays, 7:00-8:15pm**

**Neck & Shoulders: February 1, 8, 15**

**Knees: March 1, 8, 15**

**Cost: \$48 per series in advance, \$20 drop-in**



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दुःखमेव सर्वं विवेकिनः ॥ १५ ॥

**Heyam-Dukham-Anagatam  
Sutra 2.16**

“The Pain Which Is Yet To Come Is To Be Avoided”

The neck, shoulders and knees are common areas of tension and pain. Knowing how to manage the pain and work to improve functionality of the joints is vital to recovery.

Each three-week series will introduce special sequences and set ups to address aches and pains of the knees and the neck & shoulders. The focus will be on simplicity so these elements can easily be incorporated into a home practice.

Garden of Yoga

140 N. LaGrange Road  
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[www.gardenofyoga.net](http://www.gardenofyoga.net)

**Neck & Shoulders Series:**

**February 1, 8, 15**

**Taught by Kristen Kepnick, CIYT**



**Knee Series:**

**March 1, 8, 15**

**Taught by Kathleen Wright, CIYT**



CIYT



CERTIFIED IYENGAR  
YOGA TEACHER