



BACKCARE YOGA CLASSES STARTING THIS FRIDAY 25 JUNE

Specialized Backcare yoga classes for anyone wanting to maintain a healthy, strong back and spine, work on back strength, mobility and good posture and for those with general back pain or conditions such as sciatica, hyper-kyphosis (over exaggeration of the curve in the upper spine), including disc degeneration.

Classes include stretching and strengthening all parts of the body affecting the back: feet, hamstrings, hips, shoulders



DATE: Friday 25 June 2021

TIME: 09:00am-10:00am

WHERE: Craft room

COST: R100 per class

Spaces are limited to 10 people. Please book your spot: Claire@spineshine.co.za/ 083 453 5539

move freely