

THE SANCTUARY

YOGA FOR A HEALTHY BACK

Taught by Dr. Oliva Chiropractor

If you are concerned about your back and have:

- Low Back Pain.
- Sciatica.
- Spinal Trauma.
- Poor Posture.
- Pinched Nerves.
- Hip Pain.
- Sedentary Lifestyle.
- Arthritis / Osteoporosis

This class is for you! Come learn Yoga postures to strengthen your back, improve your posture and get relief from back problems.

This class does require an RSVP. Please call us or email us at the following link to register:

<http://www.awakensanctuary.com/contact.html>

Class Times: Fridays: 5:30-6:30PM

***Come for a FREE introductory class on
February 10th at 5:30PM or
Monday February 13th at 8:30AM***

* If you feel you need a spinal assessment, please make an appointment with us before taking your first class. Complimentary assessment with registration!

** No prior YOGA experience necessary – this is a beginner class for all ages and abilities.

YOGA FEES:

\$15.00 – Single Class++

\$100.00 – 10 Class Pack++

\$ 30.00 – 2 Week Unlimited (NEW MEMBERS ONLY)

\$ 60.00 – Monthly Unlimited With Auto-Renew (6 month min)

\$ 95.00 – Monthly Unlimited WITHOUT Auto-Renew

\$60.00 - 5 Class Pack++

\$180.00 – 20 Class Pack++

++10% discount for Students & Seniors



Japanese
kanji symbol
"SOUL",
read as "Ta-ma-shii"

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www.awakensanctuary.com