

*Presented by:*

*Certified Yoga Therapist*

*Yvonne Clark (C-IAYT)*



**Friday, November 9**

**7:30PM – 9:00PM**

**\$30 per person (\$35 at door)**

Sciatic pain typically radiates along the path of the sciatic nerve, a long nerve that runs from your lower back, across your hips and backside, and down the back of each leg. Sciatica is a very common and painful problem that can range from tingling and numbness to shooting pain down the hip, entire leg and foot. Left untreated sciatica can significantly restrict our movements.

Yvonne will guide you through several simple yet effective yoga poses that can provide immediate sciatic pain relief. You will learn how to relieve and release the sciatic nerve and how to perform these poses at home. Prior yoga experience is helpful, but not required.

*Yvonne is an Internationally Certified Yoga Therapist (C-IAYT, ERYT 500), certified Thai Yoga Massage Therapist and Vibroacoustic Sound Healer.*



Pre-register online: <https://www.updogyoga.com/workshops/workshops-rochester>



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