

The Yoga Loft presents Kundalini Yoga for:

Low Back Relief

with Prem Siri Kaur

Mondays 4:15-5:15pm

A Weekly Drop-In Class to Help Heal Your Low Back Pain

To maintain a healthy lower back one must stretch the hamstrings, build the strength of the navel center, and move the back in many directions. This class will work all of these areas.

Kundalini Yoga is excellent for your back. In this specialized class we will spend a lot of time working with the flexibility of the spine and moving it in many different ways. We will use static stretching, movement to increase range of motion, move energy through the spine, and practice meditative techniques that clear and purify the mind and emotions. The result of this regular practice can be a healthy and pain free low back!



use your yoga class card
or drop-in! (\$15)



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