



Healthy Abs and Backs

with Anne McCranie

Learn 5 effective exercises that will help heal back pain while strengthening core muscles.

This workshop will include a take-home handout of the exercises performed in the workshop.

Register online at www.sellwoodyoga.com

When: Sunday, April 3rd, 12:30 - 2:00pm

Cost: \$20 or \$25 at the door

Where: Sellwood Yoga, 7970 SE 13th Ave, Portland

For more information email info@sellwoodyoga.com or call 503.575.9982

