



# Posture “Perfect”: *Experiencing Safe & Effective Body Alignment for Strength & Mobility*

“Poor posture can lead to stiffness, weakness and stress on muscles, tissues, joints and the discs in the spine.”

~American Pain Institute

Join Sheetal to learn and experience...

- What it means to have good posture and how to assess your own
- How to apply good posture principles to common yoga poses thus making your practice more effective and safe
- How to practice healthy postural alignment in your day-to-day activities to alleviate chronic tension and/or pain
- A tension-relieving yoga practice at the end applying what you’ve learned

**Saturday, October 19th, 1:00 - 3:00 pm**

Sliding Scale Registration: \$20/\$30/\$40

Go to [SolunaSolutions.com/Offerings](https://SolunaSolutions.com/Offerings)

or **Venmo @Sheetal-Contractor**

**\*\* Informative & fun for beginners as well as practiced yogis! \*\***

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About the instructor: Sheetal Contractor is a licensed massage therapist, yoga educator, wellness coach, author of ‘*Explore Your Chakras*’ and creator of the YouTube channel ‘*Empowered Wellness with Sheetal*’. Her yoga background includes training from a variety of styles and teachers over the past 20+ years.

Sheetal’s programs offer personalized attention to allow each person to learn according to his/her needs. Her mission is to help individuals reclaim their power when it comes to health and wellness. Sheetal herself strives to “live her yoga” and hopes to inspire and support others to do the same.

