



& Highland Park Hospital Health and Fitness Center present:  
*Yoga Therapeutics with Gabriel Halpern*

## Back Care Basics

**Sunday, July 13th, 2:00-4:30pm**



Back pain sufferers take heart! The damage done by gravity to our body is one of the prime causes of distortion in our posture. Prolonged exposure to such strain is stressful, painful, and can lead to serious injury. Relief comes from a simple reversal of this compression, using the same G-force to align and heal our anatomy. Iyengar Yoga is one of the most innovative disciplines in its use of props to give instant relief and restore normal functioning. This workshop will explore a spectrum of ways to create space in the spine. If you have any lower back ailment, hip or shoulder difficulty, joint stiffness, or any narrowness in the chest, then this workshop is for you.

Gabriel Halpern holds a BA in Philosophy, an MA in Health Psychology, and is a full-time, certified instructor trained at the Iyengar Yoga Institutes in San Francisco and Pune, India. Gabriel has practiced since 1970 and gives workshops nationally. For the past nineteen years he has also been a core faculty member at De Paul University.

Gabriel knows first-hand what it is to live with pain and bounce back with zest for life. Suffering from a broken vertebra at age 15, his life journey has been dedicated to the pursuit of yoga and its therapeutic applications. Owing to the direct influence of BKS Iyengar and 37 years of personal practice, Gabriel has learned the difference between actual and perceived limitations; he passes this knowledge along to those who study with him.



**Pre-registration required; to register call 847-229-0292. Fee: \$45/Member, \$55/Non-Member**

**For additional program information, contact Jayne Alenier at 847-778-6748 or email [jaynealen@aol.com](mailto:jaynealen@aol.com)**

Avani Yoga is located in the Highland Park Hospital Health and Fitness Center  
1501 Busch Parkway, Buffalo Grove, IL 60089 [www.AvaniYoga.com](http://www.AvaniYoga.com)

