

# Yoga Therapeutics

with Gabriel Halpern

Presented by: *avani yoga*  
& Highland Park Hospital Health and Fitness Center

**Thursdays, March 1 & 8th, 2012 6pm-8:30pm**

## **The topic on March 1st— The Hips and Knees.**

If your knees ache or feel unstable, if your hips seem locked and your low back restricted, if your legs are tight, then this workshop will show you how to address these issues.

By days' end you'll come away with:

- a) A working knowledge of your own anatomy.
- b) Instruction in a series of sequences to build strength and balance.
- c) Relaxation exercises for tension in the pelvis and lower extremities.
- d) Personal corrections to improve your poses.

## **The topic on March 8th— The Shoulders and Neck.**

Yoga stretching challenges you to find out why you are so tight in different areas of the body. This is especially true of your shoulders and neck. They deeply affect the ease with which you stand, sit, walk, sleep, think and feel. All of this unnecessary and reversible with a constant application of yoga. Opening the frontal chest alone do wonders for restoring vitality and deep breathing. Add to that relaxing the back muscles and you will change the way you stand and appear to the world. Come prepared to name a pose that doesn't feel good and have Gabriel show you what you can do to make that pose feel better and pain free.

**Open to all Levels. Students with post operative conditions must get permission to enroll.**  
**No previous yoga experience required.**



## **Your Presenter: Gabriel Halpern**

Gabriel holds a BA in Philosophy, an MA in Health Psychology, and was trained at the Iyengar Institutes in San Francisco and Pune, India. Gabriel has practiced since 1970 and gives workshops nationally. He is the founder and director of Yoga Circle in Chicago, IL since 1985. For the past 24 years he has also been a core performance faculty member at DePaul University's Theater Department. Owing to the direct influence of BKS Iyengar and 4 decades of continuous study Gabriel's teaching is all that is yoga: zeal in practice, science, art form, lifestyle, and mystical mentoring .

**Pre-Registration Required; to register call (847) 229-0292 or visit front desk**

**Fee: Members: \$25per class or \$50 for both**

**Fee: Non-Members: \$30per class or \$60 for both**

For additional information please contact Nickie Silk at [Nsilk@powerwellness.com](mailto:Nsilk@powerwellness.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)

**Register Codes: /1 Date or /Both Dates**



Highland Park Hospital  
Health and Fitness Center  
in Buffalo Grove