



## *Integrative Medicine & Health* CLASSES

### *Yoga for Chronic Low Back Pain*

**Thursdays – 6 to 7 p.m.**  
**September 19 through October 24**

***Class Location – Red Wing***  
Mayo Clinic Health System  
Seminary Professional Building  
906 College Ave, Red Wing, MN  
(Enter through door #6)

**Cost:** \$75/6-week session

**Class Instructor:**  
Michele Hoffman, E-RYT, C-IAYT  
Yoga Therapist  
Mayo Clinic Health System

Research studies have shown that yoga therapy can be very effective in reducing or eliminating chronic low back pain. Join us for this class and learn yoga therapy techniques that will get you moving again and improve the quality of life.

This class will be led by Michele Hoffman, a certified yoga therapist, at Mayo Clinic Health System. Michele is certified by the International Yoga Therapist Association and has extensive education in anatomy, physiology and chronic health conditions. She has many years of experience applying the tools of yoga to reduce or eliminate low back pain.

Space is limited to 10 participants per class. Yoga mats will be provided.

*For more information or to register, call 651-385-3338.*