

# Yoga for a HAPPY BACK:

Exploring the Sacroiliac (SI) Joint  
with Rachel Krentzman

**SUNDAY AUGUST 3, 2014 · 1-4 PM · \$60**  
\$65 after July 27th

The SI joint is often overlooked as a common cause for back pain in Yoga practice and in life because of its complex nature. In this workshop, we will explore the anatomy and biomechanics of this baffling joint and participate in a therapeutic Yoga practice to open as well as stabilize this area. You will leave feeling lighter and freer in your lower back, pelvis and hips with tools you can use safely at home.

- ..... Learn how to distinguish between lower back pain and sacroiliac joint dysfunction
- ..... Experience the Purna Yoga Hip Opening Series
- ..... Learn traction techniques that you can practice at home
- ..... Strengthen and stabilize the SI Joint
- ..... Understand how to modify your practice to suit your body's needs



Rachel Krentzman PT, E-RYT, combines 16 years of physical therapy experience with more than 10 years of Yoga studies. Her method of treatment is a unique and highly effective approach to healing the

whole person and includes Yoga postures and sequences, breath, awareness and meditation. Rachel holds a 2000-hour certification with continuing education in therapeutics with Master teacher Aadil Palkhivala. She is the founder and director of Embody Physical Therapy & Yoga in San Diego, CA. To learn more about Rachel's work visit: [www.embodyphysicaltherapy.com](http://www.embodyphysicaltherapy.com)



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