

# “The Injury-Free Yoga Practice”

*Essentials of Yoga Alignment and  
Injury Prevention*

with

**Steven Weiss, MS, DC, RYT**

Author of *The Injury-Free Yoga Practice* and  
*Integrative Alignment Yoga Therapy*

**Sunday, February 15, 2015**

**1:00 pm – 4:15 pm**

Join us for this 3-hour, fun and experiential workshop!

- Discover fundamental alignment principles that advance your practice with safety and refinement.
- Learn easy-to-apply strategies that prevent common yoga injuries and how yoga can provide rehabilitative and therapeutic value for existing conditions.

A must-attend workshop for all experience levels of students and teachers who value yoga and its role in health, vitality, and longevity!

**Investment: \$35 in advance, \$40 at door**

**The Annapurna Center for Self-Healing**

**538 Adams Street, Port Townsend**

**FOR MORE INFORMATION OR TO REGISTER: 360-732-0696**



**Steven Weiss, MS, DC, RYT** is a yoga teacher, chiropractor and nutritionist with over 34 year of professional experience. He teaches anatomy and nutrition for yoga teaching trainings and post-graduate chiropractic programs. He has been a wellness practitioner and core faculty at the Omega Institute for over 20 years. Dr. Weiss' unique approach to teaching anatomy and asana alignment is hands-on, understandable and always relevant to yoga practice and principles. Steven is the author of the popular books, *The Injury-Free Yoga Practice* and *Integrative Alignment Yoga Therapy*.

For more information, go to [injuryfreeyogapractice.com](http://injuryfreeyogapractice.com)

