

Lovely Bones

Yoga Workshop

Learn about healthy and safe ways to move your spine with a osteoporosis/osteopenia friendly gentle yoga class.

We'll hear from Dr. Erwin - NUCCA Chiropractor about ways to keep healthy bones and backs. He will explain the science behind NUCCA and how it promotes overall wellbeing...



MARCELA IGLESIAS, RYT

**Sacramento Yoga Center
Sierra 2 Community Center
2791 24th Street, Room 6
Sacramento, CA 95818**

**Saturday, March 15, 2014
9:30 – 11:30 AM
Sacramento Yoga Center**

Cost: Donation

*Register by email at:
stillstandingyoga@gmail.com*

