



We help you restore and heal throughout the recovery process.

Find your strength.



Yoga for Back Care

Yoga for Back Care focuses on teaching poses that address back and other musculoskeletal issues by increasing strength, stamina and flexibility for the entire body.

The course combines active movements and poses to develop core strength and stability, create a healthy and supportive posture and improve balance. The classes are designed to help relieve the effects of stress, soothe the nervous system and alleviate chronic tension.

Yoga for Back Care is suitable for beginners and new students recovering from illness or injury with minimal flexibility as well as for students that simply want to maintain good back health.

YOUR INSTRUCTOR: **Neil Sullivan**



Neil Sullivan is an Exercise Physiologist who teaches Yoga and Movement Therapy in both outpatient and clinical group settings. In addition to the therapeutic applications of Yoga, Neil has served as an adjunct professor in the Health & Sciences department at several colleges in the Boston area, teaching Exercise Science as well as Yoga and Meditation to both students and faculty. Neil is currently enrolled in Graduate Pre-Med Studies in pursuit of his Doctorate degree.

TRY A CLASS FOR FREE!

WHEN

Wednesdays
2:45 – 3:45pm

WHERE

Spaulding Cape Cod
Multi-purpose Room
311 Service Road
East Sandwich

COST

\$10 per class
Pay as you go!

MUST PRE-REGISTER ONLINE

www.spauldingrehab.org/
SCCWellness

**FOR MORE
INFORMATION**
(508) 833-4078

Find us



www.spauldingrehab.org