

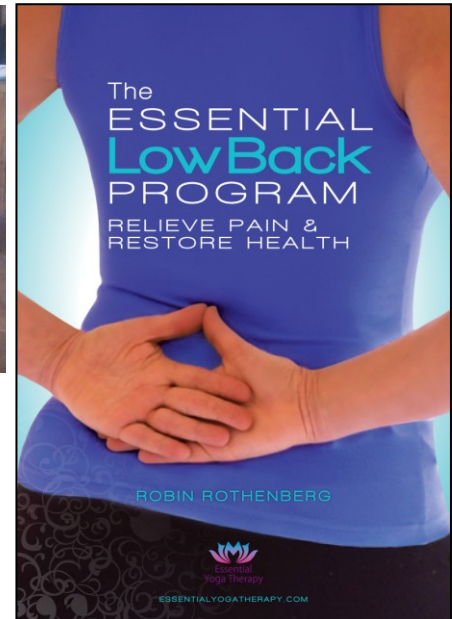
LONG TERM SOLUTION TO >>LOW BACK PAIN<<

A GENTLE & COMPREHENSIVE EXERCISE PROGRAM

Clinically Proven to Relieve Pain &
Restore Health to Your Low Back



"Thank you so much for a fantastic program. I enjoyed every moment of it, and it has improved my back immensely. The entire program has really opened my eyes to the anatomy of my abdominal and back muscles, and how to strengthen my back and relieve pain..." Laurie Bell



TRY THE
FIRST CLASS FOR
FREE
MONDAY JUNE 26
4:00PM
Then decide if you
want to take the
program

SPRING SESSION: MONDAY June 26 - July 31
Mondays 4:00pm-5:30pm (6 weeks)

\$135 plus cost of materials for daily exercises
The Barn Co-operative, Hwy 26, Meaford

REGISTRATION REQUIRED. For more info contact:

Joanne Pineau 705-888-9686 www.InnerJourney.ca

- A complete rebuilding & resiliency program for your back
- Program is based on two clinical trials published in two medical journals
- Materials include audio disc & illustrated manual for daily practice
- Progress at your own pace
- Adaptable to your body condition
- Accelerate recovery time
- Increase ease of movement
- Reduce/eliminate pain medication
- Increase strength and flexibility in your legs and back
- Sleep better
- Gain the knowledge & ability to continue on your own after the program is completed

PLEASE NOTE : This six week program is offered at regular intervals throughout the year at The Barn Co-operative. For start times visit www.thebarncoop.ca/yoga-schedule or contact Joanne@innerjourney.ca