



# NECK AND SHOULDERS YOGA WORKSHOP

December 30<sup>th</sup> and 31<sup>st</sup> | From 2:00 to 5:00 pm.

The neck and shoulders are two of the most commonly stressed and injured areas. Between working, driving, and carrying daily loads, our necks and shoulder take on much of our modern stress. Whether from cold or holiday anxieties, the winter especially causes the neck and shoulders to tense up.

**This workshop will focus on poses that safely release, strengthen, and open the neck and shoulders. Students of all levels and physical ability are welcome.**

**ANAID VALDIVIA** is an Intermediate I Iyengar Yoga Teacher from Guadalajara, Mexico. Born into a family of yoga teachers and trained as a professional dancer, she began training Iyengar yoga in 2009 with Chantal Gomez Jauffred, Mexico's senior Iyengar teacher. Anaid has led workshops in China, Colombia, and Costa Rica, and her native Mexico.



**CRAIG SCHUETZE** is an Introductory II Iyengar teacher and a certified yoga therapist. He began practicing yoga to recover from a forty-foot fall in 2002, and began studying Iyengar yoga while living at the San Francisco Zen Center in 2005. He is grateful to his loving teachers: Kofi Busia, Alex Cleveland, Maya Lev, and Lois Steinberg.

Advance registration	\$65
Students with a valid ID	\$55
Day of the workshop	\$75
Individual day	\$40

Yoga Center Santa Cruz, 428 C Front Street,  
Santa Cruz CA 95060