



Sticking Your Neck Out? Therapeutically-Oriented Yoga For Your Head, Neck & Shoulders with Lucy Lomax

Saturday, October 15, 1:00pm - 3:00pm \$25
Appropriate for yoga students of all levels.

THIS WORKSHOP WILL BE HYBRID.

Taught in-studio (For those who are vaccinated) and live-streamed via Zoom to those who are not fully vaccinated or choose to stay on Zoom.

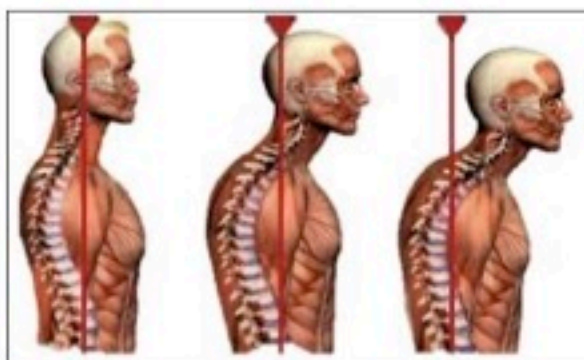
Register on our [Workshops Page](#) or visit www.columbiayoga.com

Do you have chronic tightness or pain in your shoulders, neck, upper, middle, or lower back?

Do you have headaches, or find yourself clenching your jaw? And do you also spend hours at the computer, or texting, or video-gaming? Sitting and reading, or watching TV? Driving, gardening, or carrying a heavy purse or backpack?

If so, you may have a common misalignment of "sticking your neck out," where the head sits forward of, rather than atop, the shoulders. And every inch that the head is forward of where it's intended puts about 10 additional pounds of pressure on your spine. No wonder you're feeling pain!

In this workshop, we will explore ways to relax tight muscles, strengthen weak muscles, and increase range of motion in tight areas. We will also learn ways to support the body while integrating optimal postural support for the head, neck, and shoulders.



This training counts as 2.0 CEUs with Yoga Alliance.



Lucy Lomax, C-IAYT, E-RYT500, RPYT, YACEP, Certified Yoga Therapist and Certified Yoga Teacher, began meditating and practicing yoga in the 70's and teaching yoga in 1999. After almost 33 years as a financial policy analyst (BS Organizational Behavior, Masters in Public Financial Management) Lucy became a full-time yoga teacher. Her yoga study and practice in alignment-based yoga started in 1998, and Lucy began her concentration in trauma-sensitive yoga in 2010. Lucy is a Certified Yoga Therapist, C-IAYT, Certified Warriors at Ease teacher, C-WAE, Certified iRest® Yoga Nidra meditation teacher, C-iRest, an Accessible Yoga Teacher, and a Y4A: Yoga for Amputees Master Trainer, trained by Marsha T. Danzig. She also has trained as a Cancer Exercise Specialist, CES, and has done advanced studies in yoga or back pain, and yoga for osteoporosis with Dr. Loren Fishman. She teaches alignment-based therapeutic yoga, trauma-sensitive yoga and meditation, and adaptive yoga for injuries, pain, special conditions, and recovery.