

“You’re only as young as your spine is flexible” ~ Joseph Pilates

## **Back Care Workshop**

**Saturday, March 17, 2018  
12pm - 1-30pm**

This workshop will focus on why we have low back pain and neck pain. Currently about 80% of full time Americans sit most of the day in non ergonomically correct positions creating deformities in our bodies that can lead to injury. Unless we start to build awareness around what our bodies need bad habits will persist, deformities will continue, and eventually lead to pain.

How can we prevent this?

Krysti Davis will be discussing why the lower back and neck pain is occurring, where it starts and what we can do for pain prevention. She will share anatomy visuals that you can take with you so you can see the how and why these pathologies occur. She will take you through a couple of simple Pilates exercises and describe why the movements are effective in preventing these pathologies. She will provide you with pamphlets, information and exercises that can be practiced and home, work or on-the-go. Are you ready to take your first step in creating a better quality of life for you and your spine?

Tickets can be purchased at [www.sacpilates.com](http://www.sacpilates.com) or through the Sac Pilates app. Tickets are \$25. Spacing is limited.

For questions or additional information email us at [info@sacpilates.com](mailto:info@sacpilates.com) or call 916.601.6629.