

# Atma Daya Yoga with Parameshwari Presents

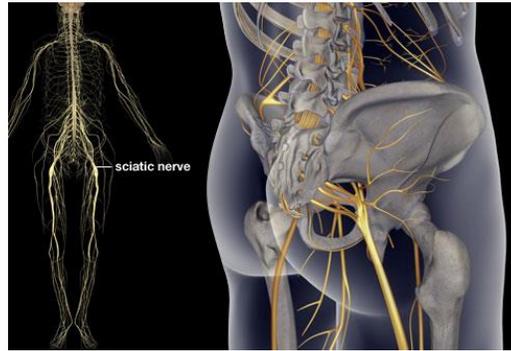
## Yoga Therapy Workshop \$30

### Saturday, May 11, 2019

### 2:00-4:00pm

*\*If finances are a concern, talk to me. No one will be turned away*

## Sciatica – What a Pain in the Butt!



Sciatica refers to back and leg pain and numbness caused by a problem with the sciatic nerve. This is a large nerve that runs from the lower back down the back of each leg. When something injures or puts pressure on the sciatic nerve, it can cause pain in the lower back that spreads to the hip, buttocks, and leg.

In this workshop we will start with some basic anatomy to introduce you to the sciatic nerve, and how it functions. We will then do gentle stretching and asana (exercises) which can be done daily to open and relieve the pain and numbness.

**All levels are welcome!**

**This workshop will be held at Thrive Chiropractic 4685 Corrales Road #7, Corrales**



**Parameshwari (Deanna Galkin-Doran)**, MBA, CYT, YTRX-800C, E-RYT 500, began practicing Yoga in 1991. She earned two business degrees during her 30+ years in the high stress corporate world before turning her educational pursuits to yoga. She began teaching Hatha Yoga, Pranayama (breathing) and Meditation at the Sivananda Yoga Vedanta Center in Marina del Rey, CA in 1995. She is a Loyola Marymount University graduate of the Prime of Life® and Yoga Therapy Rx Programs and completed a year-long internship with Sherry Brouman, E-RYT and Physical Therapist at Tensegrity Yoga Therapy. Additional credentials include an advanced certification as a Yoga of Recovery® counselor, as well as certification in Silver Age Yoga®, and as a Ayurvedic Lifestyle Counselor®. She has a well-founded understanding of the importance and benefits that stress management, mindfulness and yoga can bring both on and off the mat. Her passion is to use the healing techniques and principles of Yoga and Ayurveda to improve the well-being, body, mind, and spirit to anyone seeking relief from the human condition.

**Deanna Galkin-Doran**  
C-IAYT, E-RYT500, BSM, MBA

Therapeutic Yoga  
Pain & stress reduction  
Yoga of Recovery  
Ayurveda & Yoga  
Lifestyle Counseling

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