



# YOGA FOR YOUR KNEES

with JJ Gormley, E-RYT-500



**October 31st, 2015 • 1:00-3:00pm**  
**\$40**

Our knees can sometimes bring us cause for concern and even may send us to a doctor. Knee pain can affect people of all ages, and home remedies can be helpful unless the issue is severe. Yoga offers some tools to help our knees when they are “talking” to us as well as many prevention strategies. Students will be guided through gentle yoga postures specially designed for healing knee pain.

## Location & Registration

Workshop location: Healing Arts & Yoga Center,  
10712 Ballantraye Dr. #310. Fredericksburg, VA 22407.

To register for this workshop, please contact Ren Fields at HAYC:  
[ren4yoga@yahoo.com](mailto:ren4yoga@yahoo.com) or 540-371-4555

## JJ Gormley

**Yoga Therapist and Experienced  
Yoga Teacher (E-RYT-500)**

JJ has been practicing yoga since 1979, teaching since 1989 and teaching teachers since 1994. She is the Director of Surya Chandra Healing Yoga School which offers Yoga Teacher and Yoga Therapy trainings across the country. She offers private yoga therapy sessions to help individuals with knee pain and many other issues and ailments. To learn more about JJ, please visit:  
[SuryaChandraHealingYoga.com](http://SuryaChandraHealingYoga.com)

