

# YOU CAN HEAL

## *your hips and low back NOW*

*a dynamic workshop with Marty Kestin, LMBT*

### For Yoga Teachers, Students & Bodyworkers

- \* Understand root causes of back & hip pain and strategies to fix the issue - permanently
- \* Be the expert of your own body and understand the mechanisms of healthy hips and low back
- \* Prevent joint deterioration that leads to arthritis, hip replacements, bulging discs and chronic pain
- \* Perform self-care therapeutics that are easy and fun
- \* Deepen your yoga practice and athletic performances



**Saturday, Feb 18th**  
**Noon - 3pm**  
**The Bindu**

Investment: \$40 (yogis)  
\$50 (LMTs - 3 CEUs)  
Register by Jan 20 - Save \$10

Bring: tennis ball, small towel

Registration: By Credit Card: go to [www.theBindu.com](http://www.theBindu.com) - Events Page  
By Check: Mail payable to: The Bindu, 11138-C Treynorth Dr, Cornelius, NC 28031  
Registration Questions: call 704.237.3635 or email [info@theBindu.com](mailto:info@theBindu.com)

Workshop Questions: Contact Marty @ 704.335.8115 or [mkestin@ensomabodyworks.com](mailto:mkestin@ensomabodyworks.com)

Join Marty Kestin, MSW, body worker and somatic educator in an easy and fun workshop to nurture and preserve your body with new knowledge and skills to self-treat and prevent the root causes of most orthopedic problems in the hips and low back.

You do not need a shot, a pill or extensive and expensive physical therapy to resolve pain or get rid of that chronic issue for good. Marty will teach powerful and simple but not widely known therapeutic techniques.