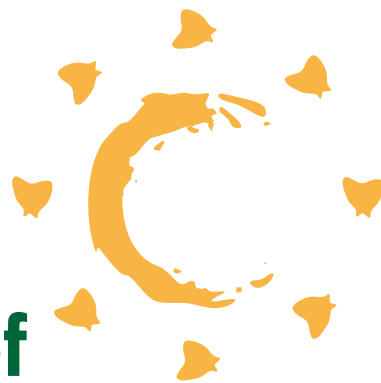


# YOGA

IN STOCKBRIDGE



## Yoga for Pain Relief

Wednesdays 9:00-10:15 am  
Classes start September 6th

First Congregational Church  
4 Main Street, Stockbridge, MA

***Taught by Nancy Fernandez Mills, RYT***

Certified Kripalu Yoga Teacher

Host of Berkshire Wellness Radio - [berkshirewellnessradio.com](http://berkshirewellnessradio.com)

Join us for a yoga flow designed to help your body recover from the stress and strain of everyday living, as well as from sports and repetitive stress injuries.

Yoga for Pain Relief is based on the work of Lee Albert, NMT, noted bodyworker and developer of Integrated Positional Therapy, a gentle method of stretching that helps to alleviate pain and bring the body into alignment.

If you suffer from painful muscular conditions that hold you back - on and off the mat - then Yoga for Pain Relief is for you. Every body is different. This class will help you to

identify the specific muscle imbalances that cause your pain and to follow a safe yoga practice to rebalance your body.

Nancy Fernandez Mills has been a certified Kripalu yoga teacher since 2001. She studied therapeutic massage at Esalen in Big Sur, California and Integrated Positional Therapy at Kripalu.

Nancy is also an Integrated Health Coach and offers one-on-one nutrition counseling as well as group wellness workshops at Volunteers in Medicine Berkshires in Great Barrington, where she's a member of the Board of Trustees.



Nancy Fernandez Mills

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