



back care basics

Ami Jayaprada Hirschstein

4 - WEEK COURSE

THURSDAYS MAY 3 - 24

\$100

Through re-educating the body in alignment, learn how to eliminate chronic pain and discomfort. Create balance in the body using therapy exercises and bring yourself back to the way your body was intended to be: Open and Free!

Hudson Valley Healing Center 51 Springside Ave
845-849-0838