

Yoga for Computer Users

with Debbie Daly



Saturday
February 20
3:30-6:00 pm

Tucson Yoga's founder returns for a special workshop geared toward relieving computer-related tension and pain through yoga.

Anyone who uses a computer more than two hours a day can develop repetitive strain injuries, including carpal tunnel syndrome, "mouse shoulder," and upper back and neck problems. The body tells us when it's overworked at the computer by creating tension and pain in the neck, upper back, hands or shoulders.

In this workshop, we'll learn how to keep repetitive strain injuries at bay through yoga postures, increased body awareness, and self-applied trigger point massage. Those who already have repetitive strain injuries will learn about therapies to prevent further damage, and to reverse existing damage.

Participants will learn about the parts of the body that are most often damaged by modern computer use. The customized yoga session that we practice will help your body prepare for and recover from a long stretch at the computer. The practice will be available as a take-home handout, along with a resource list of books, DVDs, and online resources.

All levels of ability are welcome to attend, and no yoga experience is required. For more information, call Debbie at 415-663-4018 or email debbie@debbiedaly.com.

Cost is \$30

\$25 for Tucson Yoga Members.
Please sign up online at
www.tucsonyoga.com.

Tucson Yoga
150 South 4th Avenue
www.tucsonyoga.com

Debbie Daly *began having pain in her upper back and wrists as a Computer Science major in college. Years later she was forced to leave her computer job because of repetitive strain injuries. She became a yoga teacher, and in 2003 she started Tucson Yoga, bringing life to her vision for an affordable, community-oriented yoga studio (and returning to computer work). She now lives in California, working as Tucson Yoga's business manager and developing a self-care program for computer users.*

