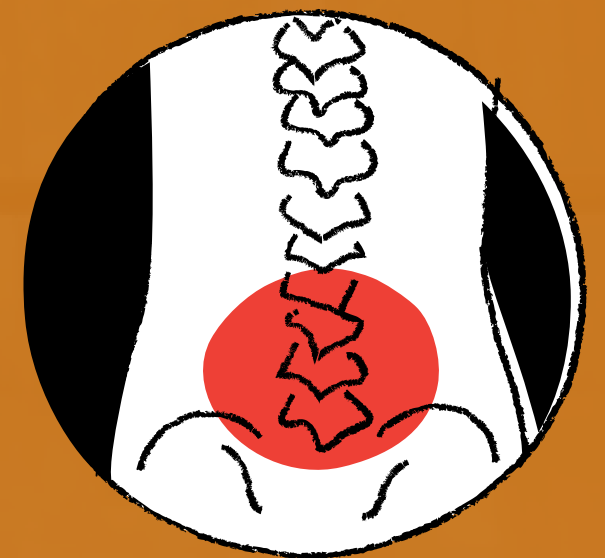


# Understanding Lower Back Pain

A 90-minute interactive workshop combining movement and education to help you better understand lower back pain and build the confidence to manage it through movement.

## Results:

- Better body awareness in daily life
- Reduced habitual overload of the lumbar spine
- Improved confidence in bending, sitting and moving
- Ability to self-manage common discomfort patterns



With Annie!

Book via **livingbarreandyoga.com.au**

10.30am - 12pm  
23<sup>rd</sup> August

\$65

Living Barre & Yoga

99 Melbourne Street, South Brisbane