

# “The Pursuit of Optimal Health”

## A Workshop in O.N.E. Yoga\*



with

**J. Yusuf-Quddus Erskine D.O.**

Therapeutic exercise is the process of using specific exercises to promote restoration of health. Yoga has a long successful tradition of building strength, promoting flexibility and balance, and developing inner peace, based on the practice of **asanas (yogic exercises)**. Osteopathic Medicine provides tremendous contemporary insights into the neuro-musculo-skeletal system and its interaction with all other bodily systems in the maintenance and restoration of health.

This workshop provides participants an opportunity to experience therapeutic exercise drawing on yogic practice, including restorative poses. **Pranayama** (breath work) techniques will be explored, as well as the art of **relaxation and repose**. Drawing on his Osteopathic philosophy and manipulative practice, Dr. Yusuf Quddus Erskine provides for seminar participants an integrative pathway to optimal personal health.

**Saturday, January 27, 2018**

**7151 Wilton Ave. Suite 103, Downtown, Sebastopol.**

**Devi Yoga Studio, 3:00-5:30 p.m.**

**Registration and inquiries: Call 829-5455**

**Fees:** Early registration: \$40.00 if payment received by Jan.12<sup>th</sup>.

Regular registration: the fee will be \$50.00

Additional information may be found at website: [dr.erskine.com](http://dr.erskine.com)

“Osteopathic Neuromuscular Exercise with Yoga.”

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