



Neck Workshop with Senior Master Yoga Teacher Nicky Knoff Hosted by yogabi Gabriele I. Haslinger

Saturday 4th & Sunday 5th June
(10 hours) 9 am - 3:30 pm (half hour break)

€240 or €200 early bird (ends 1st Mar 16)
Booking and info gabi@yogabi.at



Text Neck is fast becoming a worldwide health issue. This condition refers to the onset of cervical spinal degeneration resulting from the repeated stress of frequent forward head flexion.

Looking at smart phones and 'texting' can be a significant contributor to Text Neck. The human head typically weighs about 5kg, but as the neck bends forward and down, the weight on the cervical spine increases dramatically. Over 70% of the world's population now spends hours each day hunched over their smart phones and other mobile devices. This can lead to Text Neck and long-term health problems with associated changes in the spine, supporting tissues and posture.

Some warning symptoms of Text Neck include pain in the neck, spine, shoulders, and also the arms right down to the fingertips. Headaches, tingling and numbness in these areas can also indicate a problem. Left unchecked, Text Neck can lead to serious and permanent damage.

Senior Master Yoga Teacher Nicky Knoff offers solutions to this global health concern. This workshop will focus on the prevention and treatment of Text Neck using various yoga postures and correct spinal alignment.

Bauernmuseum Mondseeland

Am Hilfberg 6

A-5310 Mondsee

Austria | Europe

+43 660 31 44 874

www.yogabi.at



**KNOFF
YOGA**

energise • elevate • evolve

