

YOGA THERAPY

For Aches and Pains



This class is being offered again by Dr. Melissa! Is muscle or joint pain bothering you and preventing you from enjoying your activities? Are you wondering if yoga could be helpful? Dr. Melissa will guide you through a 75-minute yoga class highlighting posture modifications to accommodate any muscle or joint issue you may have, including sports injuries. She will support you to identify ways to move you out of pain and toward improved function! Teens to older adults are invited to attend.

TUESDAY, JUNE 24TH
3:00PM - 4:15PM

LOCATED IN STUDIO 4

FEE: \$30 FOR MEMBERS. GUEST FEES APPLY.



Dr. Melissa S. Barber, ND, MSc, E-RYT 500, NTP is a naturopathic doctor and yoga therapist who is passionate about helping patients move beyond symptom management to true healing. She specializes in treating musculoskeletal issues—such as back, neck, and knee pain—as well as immune, endocrine, gastrointestinal, and neurological conditions. Her approach is integrative and results-driven, with focus on restoring function, returning to activity, and improving quality of life. Dr. Melissa is an Experienced Registered Yoga Teacher (E-RYT 500) with over 2,000 hours of teaching experience, trained at the Kripalu Center for Yoga & Health in Massachusetts and Rishikesh YogPeeth in India. She is a clinical provider at Wild Oak Medicine at the Airport Health Club and offers a wide array of therapeutic options to her patients, including regenerative injection therapies.

Sign up at the Service Desk or call 707.528.2582