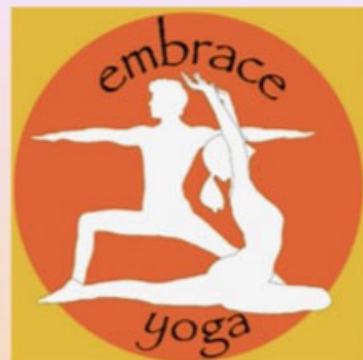


# Common Knee Injuries & How to Keep Moving with Clara Gray



## Specialty Class Series



Saturday, 10/11, 10/25  
& 11/01  
12:15 – 1:30 pm

Join Clara Gray, Yoga Instructor, Personal Trainer and Orthopedic Exercise Specialist

Let's talk about the knee joint. Most common injuries and how to navigate and care for them. How to stay active while nurturing an injury, preparing for surgery and recovering from one.

In this class you will learn effective movements and routines, for stretching and strength, among other things, that you can do anywhere using little to no equipment, to help keep your knee(s) healthy and strong so you can keep moving.

Each class will be a continuation of another adding more knowledge and exercises routines as we go.

Series of 3 classes

When: 3 Saturday Dates: 10/11, 10/25 & 11/01.

Where: Embrace Yoga, 1122 4<sup>th</sup> St. Upper Level, San Rafael

Time: 12:15-1:30pm

Register here: [www.embraceyogamarin.com](http://www.embraceyogamarin.com)

**Workshops tab**

Fee: \$90 for all 3 classes

Or \$35 drop in

embrace yoga 415.491.4363 1122 4<sup>th</sup> st. upper,  
san rafael, ca 94901