

**YOUR GUIDE IS  
DONNA KRAFT- SMITH  
(Licensed Massage Therapist)**

**Donna Kraft-Smith** is a licensed massage therapist for over 23 years. Donna instructs at the *Therapeutic Bodywork Learning Center* & has taught Body Mechanics: concepts for moving the body with more ease, particularly while performing a therapy session, to massage therapy students for over 11 years. Her style is a method that most anyone, at any age, fitness level, and bodywork style can participate in and be successful.

Donna is a certified Kripalu Yoga Instructor & Nesta Sport Yoga instructor, Nationally Certified in Massage & Bodywork, as well as a member of the *AMTA & ABMP* . She taught this course, Cultivating Balance, at the 2006 Maine *AMTA* fall retreat & was well received. She has participated in numerous seminars over the years – teaching other therapists & educating the public on Holistic Healing. Her style of presenting is informative & fun.

**For more info:  
Therapeutic Bodywork**

**Donna Kraft- Smith**

**947-7087**

**hasmith@midmaine.com**



**Therapeutic Bodywork Learning Center**

128 Main Street, Suite B  
Bangor, Maine 04401  
Phone (207) 947-7087

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**DONNA KRAFT-SMITH, L.M.T.  
PRESENTS**

**A GUIDE FOR  
BODYWORKERS ...**

# *Cultivating Balance*



*Using Yoga Concepts for  
Better Working Posture &  
Body Mechanics*

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**6 Continuing Education Credit Hours**

*Saturday, May 8  
9 am- 4 pm  
Bangor, Maine  
947-7087*

# *Concepts from the Ancient Healing Wisdom of Yoga...*

## *to improve Posture and Body Mechanics.*

Like anyone who performs physical activities, a Bodyworker is at risk to injury. The goal of this program is to bring forth strategies & body cuing techniques from yoga for a healthier body, mind connection to avoid energy loss, injury & to assist in injury recovery. This class is appropriate for both “new” & “seasoned” practitioners.

My particular focus is to aid you in the understanding of efficient *Body Mechanics*: your posture while sitting, standing & performing tasks. You will examine better vertical postural alignment by learning to use the front of your body to support your back, gently strengthening your “CORE” muscles (abdominal/pelvic musculature,) & maintaining spinal integrity, particularly while performing a bodywork session.

**Sat. May 8 9 – 4 pm**

**COST: \$90.**

**Registration Required**

*In this fun, practical, and totally experimental workshop we will explore:*

- Concepts for developing more “Mindfulness” in your breath & body movements
- Learn techniques to assess your own postural alignment
- Gentle, safe & effective strengthening, stretching & healing techniques to support you while standing, sitting & moving through space.
- Learn body cueing for healthier somatic memory.
- Gentle yoga sequences to open and refresh your energy

*6 Continuing Education Credit Hours*

LIMITED TO 15 STUDENTS

### What to bring:

Wear loose comfortable clothes, & bring either a bathing suit, or shorts for postural assessment. Bring a yoga mat or large beach towel, your massage table, linens & lotion.

Directions to the workshop:  
128 Main Street, Suite B, Bangor

**From 95 S heading towards Bangor:**  
**Union Street/ Airport Exit 184**  
Left off exit- go all the way thru town until you hit the Union Street/ Main Street intersection.

At this light make a left turn onto Main Street. \*\* See below\*\*

**95 N heading towards Bangor:**  
**Bangor/ Brewer Exit 182 ( 395, 15, 1A)**  
Take Exit 3B into downtown Bangor/ Main Street.

Cross over Union Street /Main Street Intersection (light here, stay on Main Street) \*\* See below\*\*

**\*\* Diretions continued from N& S**  
:Look for “ EPI’s Sub” on right side of street after this light ( big brick building , 3<sup>rd</sup> building on the right)  
*Therapeutic Bodywork Learning Center*  
under EPI’s at 128 Main Street, Suite B

**To Register: Send \$45.00**

**to: Donna Kraft- Smith**

**125 Main Street, Suite B**

**Bangor. ME 04401**