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Dr. Keri Chiappino & Dr. Joanne Cesiro Address Neck Pain Relief in Upcoming Iyengar Yoga Workshop

FOR IMMEDIATE RELEASE

Smithtown, NY (February 2, 2009) – Chiropractic Neurologist and Registered Yoga Teacher (RYT) Dr. Keri Chiappino announced today that the second in her therapeutic Iyengar-based yoga workshop series will be held Saturday, February 28 and will focus on neck and neurological conditions. Dr. Joanne Cesiro, Doctor of Physical Therapy and RYT, will join Dr. Chiappino in instructing participants on anatomy and yoga postures that alleviate pain associated with the cervical spine, helping attendees take a proactive role in their own rehabilitation.

According to the principles of the Iyengar yoga philosophy, the workshop will use supportive props to achieve postures, or “asanas,” to target specific pain issues. “This workshop is intended to support those suffering from disc herniation, disc degeneration, or other conditions related to the cervical spine; headaches such as migraines and cervicogenic headaches (neck headaches); and poor posture, including forward head posture,” said Dr. Chiappino. “The goal of the workshop is two-fold: The anatomy segment deepens the students’ understanding of how the separate bones, joints, and muscles work together in harmony to create yoga poses; the practical segment prescribes and demonstrates yoga asanas specific to the participant’s condition.”

The upcoming workshop will be held at the Drishti Yoga Studio (formerly The Yoga Room) in East Patchogue. Session A is designed for teachers and advanced students and will be held from 1-6 pm; Session B will run from 4-6pm and is aimed at beginner students and those suffering from pain. Registration is limited for both. For more information call 631 265 1223.

About Dr. Keri Chiappino and New Life Chiropractic

Dr. Keri Chiappino offers a unique, expanded approach to alternative health care. Her private family practice, New Life Chiropractic, is dedicated to chronic conditions that severely disable people, including patients with Multiple Sclerosis, Parkinson's, Alzheimer's, vertigo, migraines, asthma, depression, anxiety disorders and other neurological disorders. A Defeat Autism Now!® (DAN!) Practitioner, Dr. Chiappino specializes in restoring brain balance in children diagnosed with Autism Spectrum Disorders (ASD), Asperger's, ADHD, Tourette's Syndrome, Dyslexia, and learning disabilities. Utilizing non-invasive therapies that comprise her unique "Maximum Achievement ProgramSM," Dr. Chiappino has been successful in improving brain functionality in children with ASD, enabling them to perform at full potential.

Dr. Chiappino has distinguished herself as one of 600 doctors worldwide achieving Diplomatic status on the American Chiropractic Neurological Board (ACNB), with over 1000 hours in Chiropractic Neurological coursework. She is a Registered Yoga Teacher (RYT), offering therapeutic Iyengar yoga workshops to help manage stress and pain as well as provide better postural alignment and increased strength for total mind-body wellness. To make an appointment for a consultation or for more information, contact the Smithtown, Long Island office at 631 265 1223 or the Manhattan office at 212 721 1188; or visit www.newlifechiropractic.com.

About Dr. Joanne Cesiro, DPT

Dr. Joanne Cesiro is a Doctor of Physical Therapy currently working as a Staff Physical Therapist in Stony Brook University Hospital's Outpatient PT clinic. She treats orthopedic, neurological, chronic pain and lymphedema patients, and teaches therapeutic yoga at the clinic. She has been a student of Iyengar yoga since 1979, and traveled to India to study with the Iyengars in 1995. She holds an Introductory Level Certification in the Iyengar method, and is a member of the International Yoga Therapist Association. Dr. Cesiro has been teaching yoga on Long Island for over 20 years, and is a past president of the Long Island Yoga Association.

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