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Dr. Joanne Cesiro and Dr. Keri Chiappino Join Together to Present a Therapeutic Yoga Workshop Series

*First Workshop Devoted to
Alleviating Mid and Lower Back Pain Through Customized "Asanas"*

FOR IMMEDIATE RELEASE

Smithtown, NY (September 06, 2008) – Coming on the heels of her recent announcement offering therapeutic yoga, Chiropractic Neurologist Dr. Keri Chiappino announced today that Stony Brook Physical Therapist Dr. Joanne Cesiro has joined her as co-instructor for their newly established Iyengar-based yoga workshop series. The first in the series of four workshops kicks off on Saturday, September 27th from 2-6 pm and will focus on sciatica, spinal stenosis, kyphosis, scoliosis, herniated discs, arthritis, poor posture and other mid and lower back conditions.

"Having practiced yoga for almost three decades, including a year of study with the Iyengars in India, Dr. Cesiro brings to our workshops a wealth of knowledge and experience," said Dr. Chiappino. "In her current position as Staff Physical Therapist at Stony Brook University Hospital's Outpatient Physical Therapy clinic, Dr. Cesiro treats individuals suffering from orthopedic, neurological and chronic pain and lymphedema, as well as teaches an evening therapeutic yoga class for these patients. Combined with the Chiropractic Neurology therapies used in my practice, Dr. Cesiro's extensive physical therapy skills enhance our yoga workshop, enabling us to help those with neurological and other pain disorders to achieve balance with the brain, body, and spirit."

The Iyengar yoga philosophy uses supportive props to achieve structural alignment of the body through various "asanas" or postures. Doctors Chiappino and Cesiro customize the asana to

target the patient's specific body segment issues. Participants in this unique Iyengar-based yoga workshop series will be taught the basics of anatomy and the specific asanas for their condition, empowering the patient to take a proactive part in his/her own rehabilitation.

The workshop will be held at The Yoga Room in East Patchogue and is open to all, including pain sufferers, yoga teachers who wish to broaden their knowledge, and anyone curious about anatomy. For more information or to register for an upcoming workshop, contact Dr. Chiappino at New Life Chiropractic 631 265 1223 or visit www.newlifechiropractic.com.

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![®] 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 on Dr. Chiappino's brain and body wellness programs, 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

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 a therapeutic yoga class to patients one evening a week 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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