

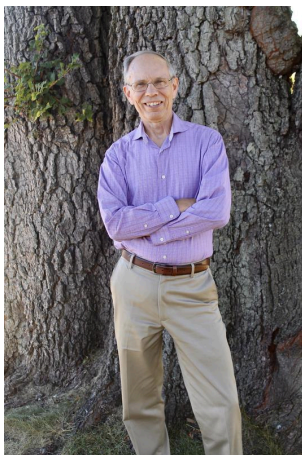
11-week Series: “Stretch to Live Pain-Free”

An Integrated Positional Therapy Introduction with your Topsfield neighbor and student-practitioner: Mary E. MacDonald, M.A. Mary has completed Level 3 Clinical Training with Lee Albert. Walk-ins welcome.

**Questions or RSVP,
Please call 978-887-4202**



**At Rest.Stop.Ranch
202 Haverhill Road
Topsfield, MA 01983
Tues/Thurs, 8-8:45am
Starting 3/17 in the garden.
All abilities. Free of charge.**



Lee Albert, NMT is a national presenter and highly popular Neuromuscular Therapist and yoga instructor at the world renowned Kripalu Center for Yoga & Health in Lenox, MA. Dedicated to helping people help themselves, Lee created, practices and teaches Integrated Positional Therapy (IPT), -protocols to reduce and often eliminate chronic pain. He is the author of the Amazon best seller "Live Pain Free without Drugs or Surgery" and the gold award winner in health/fitness for 2018 "Yoga for Pain Relief - A New Approach to an Ancient Practice." As a pain specialist, Lee was featured in his own PBS special. Lee is trained in neuromuscular therapy, orthopedic massage, positional therapy, yoga therapy and myofascial release and has conducted seminars with thousands of people from all over the world. People from every walk of life have learned from Lee how to live a pain free life.