



2 Office Locations in the Los Angeles Area:

Morris Stenosis & Disc Center
1243 7th Street #B
Santa Monica, CA 90401
Phone: (310) 990-9648
Fax: (310) 310-8633

LA Sports and Spine
10474 Santa Monica Blvd. #304
Los Angeles, CA 90025
Phone: (310) 470-2909
Fax: (310) 470-3286

Welcome to Yoga Doctors Chiropractic

Chiropractic care under Dr. Eden Goldman at Yoga Doctors integrates ancient eastern practices with the latest evidence-based research and western advancements in biomechanical science, rehabilitation and athletic training.

The ABC's of Chiropractic care at Yoga Doctors focuses on:

1. **Alignment** - Improving your posture and body dynamics during your activities of daily living
2. **Balance** - Establishing muscular patterns and lifestyle habits conducive to optimal health
3. **Core** - Facilitating structural integrity through proper core activation
4. **Stress Reduction** - Reducing physical, mental and emotional stress through deep tissue/sports massage, Chiropractic adjustments, Yoga and meditation/breathing practices

Along with taking a thorough history of your complaints/discomforts, Dr. Goldman will perform a comprehensive orthopedic, neurologic and functional examination to discover, not only the symptoms, but the cause of WHY you are not feeling well or having problems.

Typically, there is a pattern of postural compensation that people have developed called "muscle memory" resulting from an old injury, recent trauma, surgery, poor posture, chronic pain, or repetitive stress injuries from sports, exercise and even Yoga. Through retraining your neuromusculoskeletal system and teaching your body to improve its own communication between its various parts through Yoga therapy, exercise, sports massage and joint mobilizations, you will discover that our therapy is a patient-centered approach that will change your muscle memory, enhance your overall wellness and help you feel better.

At Yoga Doctors, it is our promise that we will not just focus on your symptoms, but will address the cause of your discomfort to ensure that you can safely return to the activities that you love doing.

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