

Kim Olson, LDA, Founder/Owner of Pura Paddle

An LDA with 30+ years in Orthodontics and the founder/owner of Pura Paddle, a company specializing in Yoga, stand-up paddleboarding (SUP), and the combination of the two.

I have been passionate about overall health and fitness all of my adult life. It was in 2015 that I decided to share this with others.

I am married, we have two grown daughters and our first grandchild on the way. I enjoy spending time with family, friends and traveling.

“How Yoga can help with Neck & Shoulder Pain”

Shoulder and neck pain, often times chronic, are almost the norm in the dental profession. The goal is to not only give participants knowledge to put to use on the yoga mat but also provide tools they can use off the mat and implement into their everyday lives.

The presentation will cover:

- Posture and Body Mechanics: The physical connections with neck and shoulder pain.
- Emotions: The emotional components of neck and shoulder pain-stress
- Movement: Practical guidelines for sitting, standing and moving with proper alignment
- Yoga: wear comfortable clothes and bring a yoga mat if you have one.