

Yoga Bharati



Detroit Chapter

www.yogabharati.org/detroit

Yoga Bharati is pleased to offer a workshop on

YOGA FOR ARTHRITIS

Date: Sunday, August 5th, 2007

Time: 1:00 PM – 5:00 PM

Location: Village Oaks Club House, 22859 Brookforest, Novi, MI

Donation: \$5/person (*Yoga Bharati is a 503c non-profit organization*)

Instructor: Mr. Saravanan Chockalingam (certified Yoga and Physical therapist)

Yoga for Arthritis

Arthritis is a disease which causes inflammation or swelling of the joints leading to pain and stiffness reducing the quality of life. Arthritis is among the more common diseases in the world affecting about 40% of Americans aged 45 to 64 and 60% of those aged 65 and older. Yoga can play an important role in **reducing stress and frustration** that results from pain and disability, **and increasing positive feelings and wellbeing**. It helps one to get rid of morning stiffness and joint pains and improves the flexibility of limbs and joints. Thus, the evidence suggests that when combined with a program of good medical care, yoga can provide important additional physical and psychological health benefits for arthritis patients.

This workshop will help one to understand the different types of arthritis, its cause and brief outline of medical management. Yogic concept of disease and how stress leads to arthritis will be covered. Theory and practices include integrated approach of yoga with a qualified yoga therapist.

Who can attend?

1. Any person suffering from any kind of arthritis at any stage.
2. Anyone in the initial stage of arthritis.
3. Family and friends of people with arthritis.
4. Yoga instructors and Athletic trainers.
5. Any health care professional who treats arthritis patients.

Please bring a Yoga mat.

Information & Registration:

Class size is limited, so please call or email at your earliest to register.

Email: detroit@yogabharati.org Yoga Bharati: www.yogabharati.org/detroit

Phone: 248-722-8983

Yoga Bharati

Yoga Bharati welcomes you to discover the treasures of yoga. Yoga Bharati is a non-profit, voluntary organization dedicated to spreading **health** (physical), **happiness** (mental), **knowledge** (intellectual), and **peace** (spiritual) among the members of the community.

Yoga Bharati is a platform for various Yoga organizations to present their expertise and research using various methodologies. Yoga Bharati works with various Yoga interest groups to promote the message of Yoga.

Disclaimer: Yoga practice is not intended to replace medical advice. Please consult with your physician before you begin.