

YOGA THERAPY – HOW IT WORKS

Talk and Workshop by
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We all know the beneficial effects of Yoga on general health, but few of us are aware about the role of **Yoga as a therapeutic tool**. Yoga Therapy can fit into most people's lifestyles to form a supportive system for enhancing health, managing certain health issues, and in aiding the healing process. Yoga therapy is mainly adopted as a holistic approach to balance, harmonize & tackle the disturbances in our body and to enable greater self-awareness.

The talk will cover **“What is Yoga therapy all about”** and the role of Yoga Therapy in various common ailments.

Back Pain is a widespread problem today, mainly due to a sedentary lifestyle combined with stress and postural mistakes. It can also occur as a result of organic causes, injuries etc. Yoga Therapy for Back Pain uses Yoga techniques, followed by deep relaxation practices, which are useful for maintaining strength and flexibility of the spine. Regular practice of a basic set of Yoga practices, including Pranayama and meditation along with gentle techniques, as recommended in our workshop program, are useful for managing Back Pain.

The workshop is conducted in association with VYASA, India (<http://www.vyasa.org>). VYASA was set up to examine the efficacy of yoga practices and to develop specific yoga courses. VYASA has over 20 years of research experience in Yoga and is a deemed **University** by Govt. Of India. Vyasa's therapy materials (DVDs, books) are known world-wide.

Event:	Talk about Yoga Therapy – How it works.
Date & Time:	June 18th 2004 from 7.30pm to 9:00 pm
Venue:	Serra Park, 739 The Dalles, Sunnyvale, CA 94087
Admission:	FREE

Event:	Workshop on Yoga Therapy for Back Pain
Date & Time:	June 21st thru June 25th from 7.30 pm to 9.00 pm
Venue:	Serra Park, 739 The Dalles, Sunnyvale, CA 94087

Registration: rsvp@yogabharati.org (Admission is absolutely limited)

More info: <http://www.yogabharati.org>
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