

Yoga Bharati

(SF Bay Area Chapter)

www.yogabharati.org

Yoga Therapy Workshops

for Back Pain and Stress/Hypertension/High BP Management

by Sv̄asa-usa yoga therapists Rama Rao and Meera Rao

About the Yoga Therapy Workshop:

Extensive research over last few decades has proved that Yoga Therapy can complement popular medicine. Yoga views human as an intricate body-mind complex and anything that affects body has an effect on the mind and vice versa. With this holistic approach, therapeutic Yoga employs Asanas (postures), Pranayama (Breath Control) and Mind Relaxation (meditation) to work on all fronts. Yoga therapy helps to balance, harmonize and tackle the disturbances in the body and revitalize the whole personality.

What can you expect from these workshops?

1. Alleviating acute & chronic back pain
2. Strengthen & increase flexibility of the spine
3. Regulate the Blood Pressure
4. Relieve stress and promote positive health

Event: Yoga Therapy for Back Pain (8 hours)
Date & Time: Nov 9th and 10th from 5:00PM to 7:00PM
Nov 11th, 12th and 13th from 7:00PM to 9:00PM
Venue: City park buildings in Sunnyvale
Fee: \$50.00

Event: Yoga Therapy for Stress/Hypertension Management (8 hours)
Date & Time: Nov 13th, 14th and 15th from 7:00PM to 9:00PM
Nov 16th and 17th from 5:00PM to 7:00PM
Venue: City park buildings in Sunnyvale
Fee: \$50.00
Registration: rsvp@yogabharati.org (RSVP is absolutely necessary, seats are limited)
Package Fee: Discount of \$10 if enrolled for both courses or multiple family members.

FOR MORE INFORMATION: Prabha Krishna

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