

Free Yoga Pain Clinic

Vidyadevi Stillman



Monday

May 22 2017

9:00 am – 12:00 pm

Do you live in pain? Looking for an alternative way to manage your pain? Learn how to live a pain-free life!

Svaroop[®] yoga can reduce and eliminate pain come and see how. Find out how yoga can help you with your aches and pains. Learn what is going on from yoga's perspective and experience a few body-friendly yoga poses selected specifically for those in attendance. At the end of the program, you will know if classes or private therapy sessions will be likely to help you.

FREE PROGRAM, Donations are welcome

HOST

Bindu (Maureen) Shortt

215-262-1532

maureenshortt@gmail.com

LOCATION

The Solebury Club

4612 Hughesian Drive

Buckingham, PA

REGISTRATION

<http://svaroopa.org/pain-clinic-170522>



Svaroop[®] Vidya Ashram