

Yoga Pain Clinic

with Karobi Sachs

October 25 2019

Friday 5:30 - 8:00 pm

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

Svaroopa® 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.

Karobi (Kusuma) Sachs CSYT, RYT 500, E-RYT 500



Karobi began exploring yoga in the late 1970's. She became a *Svaroopa*® yoga teacher in 2000, joined the teacher training team in 2002 and left her nursing job to devote herself full time to Master Yoga in 2004. Through her on-going training with Swami Nirmalananda and her yearly travels to India, Karobi has acquired a depth of understanding and experience about yoga which she brings to her teaching. Karobi brings a compassionate and accepting presence to the classroom. She enjoys demonstrating how *Svaroopa*® yoga benefits and supports people from a vast range of ages, abilities and body types.



LOCATION

First Congregational Parish Hall
5 Brown Street
Gray, ME 04039

HOST

Peggy Schiereck
207.272.5164

<http://www.blissyogamaine.com/>

FREE

Donations accepted. Register here:
<https://svaroopa.org/ypc-me-191025>

