

DO YOU SUFFER FROM CHRONIC PAIN?



BRAIN BASED YOGA THERAPY FOR RECOVERY FROM CHRONIC PAIN

Mondays/Wednesdays
12 - 1:30 pm
July 9 - July 25

Do you suffer from:

- fibromyalgia
- chronic fatigue
- anxiety
- depression
- PTSD

INFORMATIONAL SESSION with Pru Smith

Monday, June 18

12-1 pm in the Social Room

**Bring any questions
and a brown-bag lunch.**

**This class will teach you ways to access and overcome
unconscious brain patterns associated with chronic pain.**

Home practice support materials include a gentle Hatha Yoga video and posture flow chart, as well as body scan exercises, journaling assignments, will alignment and personal power imagery practices.

**You must be willing to commit to the entire program,
including home yoga practice and exercises.**

Members \$70

Non Members \$80

Sliding Fee Scale available.

**For more info or to pre-register:
call Jayne at 773-3646 ext 448.**

MUST PRE-REGISTER AT THE WELCOME CENTER.

