

Yoga for Chronic Pain Relief

A Therapeutic Yoga Workshop

- If you have chronic aches, pains and stiffness, you can find relief through gentle yoga techniques specifically designed to make your body a more comfortable place.
- Learn to transform the chronic "pain-and-stress" response into a "healing" response.
- Find helpful "take home postures" that can easily fit into your everyday life.
- Nurture compassion for your body while feeling the soothing balm of breath merging with movement .



Sunday, June 13th

1:00-3:00 p.m.

Everybody Happy Yoga & Healing Center
at Aprill Wellness Center
107 Aprill Dr. Suite 4
Ann Arbor

Workshop Fee: \$20.00

This work shop will be taught by
Janine Polley, R.N.,R.Y.T.

Janine is a skilled teacher who combines her yoga expertise with her background as an R.N. to facilitate healing for a variety of pain related health challenges.

For more information,
please contact Janine at
jdpolley@comcast.net or 734-747-9635

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