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To register go to:

www.lightoftheheart yoga.com

Then go to Gift Certificates under "About"

Or mail payment to :

Light of the Heart Yoga
770 Washington St
Holliston MA 01746

Make payment to Adeline Alex
Include your phone and email
For more information email or call

508-380-6903

Svaroopaa® Yoga for Your Back

New Day and Time!

This specialized offering of Yoga for Your Back uses the principles of Svaroopaa® yoga to provide a beneficial effect on the body and a relaxing effect on the mind.

The gentle approach unravels muscle tension along the spine addressing chronic back pain, foot and leg cramps, limited range of movement, shoulder discomfort, low back pain, numbness, poor posture, chronic headaches, TMJ and more.

This course helps alleviate pain and discomfort. All participants receive personal attention and learn a home practice to continue the benefits.

WHAT STUDENTS HAVE SAID ABOUT YOGA FOR YOUR BACK:

- This course was a gentle way for me to heal my back without hurting myself.
- In Yoga for Your Back, I learned a daily yoga practice that helps me go through my day with no back pain.
- Driving long distances has always bothered me. After doing Yoga for Your Back, I can drive a long distance without pain.

Join registered yoga teacher, Adeline Alex, at her studio in Holliston, Light of the Heart Yoga™.

Dates: 5 Wednesdays, October 31, November 7, 14, 21, 28

Time: 7:00 - 8:30 pm

Cost: \$95

Location: 770 Washington St Holliston, Suite # 8



Light of the Heart
Yoga™

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