

Structural Yoga Therapy™

with Bonnie Pariser

Structural Yoga Therapy™ adapts yoga to the individual's unique needs. When health is optimal, the body assumes a natural balance of muscle strength and range of motion.

Learn *The Joint Freeing Series* which is the foundation for SYT.

These 21 movements
promote healing and reduce pain
while increasing range of motion and strength.

All students, especially those with injuries, arthritis, scoliosis, sciatica, structural asymmetries and back ailments will benefit from this practice.

Session starts March 30
9:15 - 10:30 am
4 week session - \$64.
Pre-registration required

Cloud Hands
Relaxation and Wellness Center

Rte 611 & 412 8330 Easton Rd Ottsville PA 18942

610-847-8081 cloudhands.net

Bonnie Pariser is the founder and director of Yoga Loka in Frenchtown. She has practiced Yoga for more than 20 years and has taught almost a decade. Bonnie is a certified as a Structural Yoga Therapist. She is trained in Yoga philosophy, mantra, meditation, pranayama, asana and Tantric methodology by renowned yogi of the Bhairavi Maha Yoga tradition Kirin Mishra . She has successfully applied Structural Yoga Therapy with private clients and in the classroom setting for the past three years.

