

# Structural Yoga Therapy

with Structural Yoga Therapist Bonnie Pariser

*Get to know your body while learning the tools to free it and make it happy*

If you have wanted to start yoga but have injuries or other physical issues, this is the class for you. Or, if you are curious about your body and how it works, come unlock the secrets!

Structural Yoga Therapy uses gentle and accessible yoga and physical therapy moves to assess muscular strengths, weaknesses and imbalances. Using these same movements, students can correct those imbalances and restore range of motion, balance, harmony and health.

SYT has been extremely helpful in dealing with arthritis, back pain, sciatica, scoliosis, sports injuries, knee pain, stress related issues and more.

In this seminar we will assess our own bodies to find our weakness and tightnesses. You might be surprised with what you find! You will also learn how to correct these imbalances with SYT movements. This is a very interactive, fun and illuminating seminar!



**June 8th**  
**12:00-5:00 pm**

**\$75 if registered by 5/29**  
**\$100 after. Registration is required by 6/6**



**YOGA LOKA**

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