



YOGA AGAINST NECK, SHOULDER & BACK PAIN

WITH AMRIT SAGAR

- Relax & strengthen your back
- Increase shoulder mobility
- Improve circulation in hands & mobilize finger joints
- Gain awareness & improve habits formed by prolonged, repetitive movements

"When all karmas are purified by fire,
the awakening of pure consciousness occurs."

Paramhans Swami Maheshwarananda

9 Online Sessions via Zoom

Saturday

9:00 - 10:15am PST

Starting June 4

Zoom link will be made available via our Facebook page **Yoga in Daily Life Bay Area**

Sessions are no costs