

# BoomerPlus<sup>+</sup>

## Aging with Vitality and Balance: Postures to Reduce Pain, Stress and Fatigue with guest teacher Amy Kraft



Amy is a therapeutic yoga/fitness educator with over forty years of experience including 5000+ hours of anatomy and biomechanics training. She is a pioneer in the field of integrative yoga, rehabilitation, and a member of the International Association of Yoga Therapists. She is designated E-RYT 500 with Yoga Alliance®.

Sunday | October 29<sup>th</sup> | 1 – 4pm | \$50

Join The Yoga Sanctuary in welcoming back Amy Kraft, founder and creator of BoomerPlus® Yoga. In this workshop, Amy will show you how to integrate functional anatomy with your yoga postures and therapeutic techniques to achieve balance, strength, range of motion, flexibility and agility, as well as reduce chronic pain. In addition, learn how many health challenges can be reduced by using several yoga and yoga therapy skills. This workshop is for **everyone**—educators, body workers, healthcare professionals, older adults, and caregivers.



112 Sullivan Street  
Punta Gorda, FL 33950  
941.505.YOGA (9642)  
[www.theyogasanctuary.biz](http://www.theyogasanctuary.biz)