

# Relieve Chronic Back & Hip Pain

Facilitated by Amy Kraft of BoomerPlus® Yoga

Saturday, December 2, 2017 2pm-4pm



Fee: \$35 if pre-registered; \$40 at the door  
2 Yoga Alliance® CEUs for teachers

**This workshop is for those who suffer with back or hip pain, arthritis, balance or coordination issues, and for those desiring more strength, better posture, and wellbeing.**

Through a series of exercises and postures, you will discover habitual patterns that create chronic pain and how to diminish and change these patterns to achieve strength, flexibility, and better quality of life!



## Amy Kraft

- Yoga/fitness educator, forty+ years of experience
- 5000+ hours of anatomy and biomechanics training
- Pioneer in the field of integrative yoga and rehabilitation
- Member of the International Association of Yoga Therapists
- Yoga Alliance E-RYT500 teacher



HarumiYoga+ Holistic Healing House

8787 E. Pinnacle Peak Rd. #206; Scottsdale 85255

Registration: [www.harumiyoga.com](http://www.harumiyoga.com) or call Harumi: 480-768-7570

**Contact Amy Kraft: 406-546-6922 or [amy@boomerplusyoga.com](mailto:amy@boomerplusyoga.com)**