



**BoomerPlus** 



## **Prescriptions to Relieve Chronic Back & Hip Pain Facilitated by Amy Kraft**

**Saturday, December 2, 2017 2pm-4pm**

**Everyone Welcome**

**Fee: \$35-preregistration; \$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, those desiring more strength, better posture, wellbeing and those who teach them.**

**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: an E-500RYT & Innovative Educator** with over forty years of experience including 5000+ hours of anatomy and biomechanics training. A pioneer in the field of integrative yoga and rehabilitation, she is a member of the International Association of Yoga Therapists and an E-RYT 500 level teacher with the Yoga Alliance, their highest level of teacher certification.

Location: **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: 406-546-6922 or amy@boomerplusyoga.com