



Fitness Prescriptions for the Neck, Hips, and Back: Strength & Flexibility

with guest teacher Amy Kraft,
founder of
BoomerPlus 



Sunday | October 14th | 1 - 4pm | \$45

The Yoga Sanctuary is happy to welcome back Amy Kraft, founder of BoomerPlus Yoga. If you suffer from neck, hip, or back pain—this workshop is for you. Through a series of exercises and postures, you will discover habitual patterns that create chronic pain and learn how to diminish and change these patterns to achieve strength, flexibility, and better quality of life. Amy is a yoga/fitness 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 Yoga Alliance.



112 Sullivan Street
Punta Gorda, FL 33950
941.505.YOGA (9642)
www.theyogasanctuary.biz