dianekistler
YOGA THERAPY

LIVING WITH EASE

STRATEGIES FOR MANAGING CHRONIC PAIN WITH DIANE KISTLER, YOGA THERAPIST

Discover

- why understanding pain can actually help with pain
- ways to address pain by looking at the whole person

- the science behind your pain
- a therapeutic yoga practice
- priceless takeaways to move you forward

PERFECT FOR CARETAKERS ALSO

1-3 PM

FEB 18 | Anahata Yoga & Wellness | 690 Harleysville Pike, Lederach, PA 19450
MARCH 17 | Shanteel Yoga Sanctuary | 111 N. Branch St., Sellersville, PA 18960
APRIL 21 | Moondog Yoga, 115 E. Broad St, Ste. 200, Quakertown, PA 18951
*To sign up, contact the yoga studio directly.