

Don't just manage pain--

TRANSCEND it



So many live with pain everyday. If you are one of those people, and you want to do something about it, come to a Svaroopaa Yoga class or book a private session.

*Back, Neck, & Joint Pain
Spinal Stenosis
Fibromyalgia
Scoliosis
Arthritis
Sciatica...*

**New Svaroopaa® Yoga
classes starting:**

**Thursdays in January
6:45 - 8:15 pm**

The list goes on,
but you can find relief by
approaching your body in a
whole new way.
Reliably. Effectively.

For more info or to reserve your spot in class call
ANITA 443-831-4767