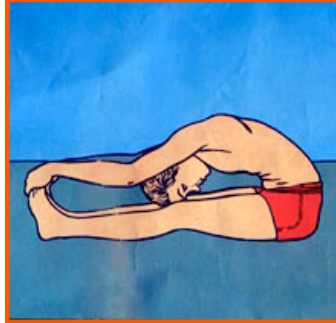


Kai Yoga Arts presents

# Introduction to Yoga Therapy



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**Venue:** Kai Yoga Arts Studio  
**Dates:** Saturday, November 13, 2010 / 8:30am – 4:30  
Sunday, November 14, 2010 / 2:00pm – 8:00pm  
**Fee:** \$250.00  
**Instructor:** Karen

In this workshop, we will learn about the origin of the disease process and introduce useful yoga postures and breathing techniques for common modern-day ailments:

## The Pawanmuktasana Series Yogic Management of Common Diseases

**Yoga therapy cultivates total body-mind integration and has very specific techniques for each of the five koshas, helping to balance and integrate them. Yoga therapy is applicable to a great variety of increasingly common modern day conditions such as Back pain, Asthma, Heart diseases, Spondylitis, Migraine, Anxiety, Depression etc. This is something that western medicine in all its advances, has been unable to achieve; serving to treat symptoms only, but not the underlying or root cause of the disease. Comparatively, the practice of yoga delves deep down throughout all the layers to finally reach the root cause of the disease process. It is only from this place that true physical, mental and emotional healing can begin to take place.**

**The result of successful yoga therapy is the fully balanced personality, totally free from diseases and ill health.**

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Karen completed Yoga Teacher's Training course at VYASA-Vivekananda Yoga Anusandhana Samsthana (Research Foundation) in Singapore where she conducted Hatha Yoga classes for beginners. In 2006 she was awarded the Yoga Teacher Training Certificate from Vasishta Yoga Research Foundation (Kerala, India) after undertaking individual study directly under Saji. She was director and co-founder of Ancient's Wisdom Pte Ltd Ayurvedic Treatment Centre, which was located in Singapore and holds a Certificate in Abhyanga-Ayurvedic Massage from Ancient's Best Clinic & Study Center of Ayurveda, Singapore & International Academy of Ayurveda, Pune, India. Karen currently conducts classes at Kai Yoga. Kai Yoga Arts, LLC 629 North Westover Blvd, Albany Ga. 31707 (229) 888-2435 Email: [namaste@kaiyoga.net](mailto:namaste@kaiyoga.net) [www.kaiyoga.net](http://www.kaiyoga.net)