

Yoga Therapy Information Seminar



Presented by Eudaemon Yoga Therapy
Free Admission - All Welcome - Information Seminar

Wednesday August 14, 12:15 pm - 1:00pm

Davis Shambhala Meditation Center, 133 D St H, Davis, CA 95616

Yoga therapy is a research backed holistic approach to wellness that supports health and well-being. It is a specialized discipline that is used as a form of therapy for the body and mind.



Yoga Therapy Techniques

Breathing & sound exercises.

Breath centric physical movement.

Mindfulness & other meditation tools.

Self-awareness & lifestyle contemplation.

Who can benefit?

Everyone can benefit from Yoga Therapy. Yoga therapists work with clients to develop and implement a therapeutic plan. This plan promotes longevity, and encourages happy and healthy living.

Want to learn more?

Come along to the free information seminar to learn more about how Yoga Therapy can benefit you. For more information call (415) 315 9871.