

Yoga and Mindfulness for Pain Relief

with Barb Pierce

Almonte

Saturday, September 25th

10 am - 12 pm

\$25



Learn Simple Yoga and Mindfulness Techniques to Reduce or Eliminate Chronic Pain

Research shows that pain can increase if you use distraction techniques and can be reduced or eliminated with mindfulness and other concentration techniques.

You will learn breathing, meditation and visualization techniques to reduce or eliminate your chronic pain.



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