



*a peaceful practice*

Research done at the Justice Resource Institute's Trauma Center in Boston has established empirically that yoga helps bring relief to people with post-traumatic stress disorder (PTSD).

Studies conducted in 2004 showed that a yoga practice actually changes core physiology related to PTSD, and included participant feedback such as "I feel like I can use my body again."

**Call today for further information!**

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Yoga: A path to wellness

Yoga teaches us to cure what need not be endured and endure what cannot be cured.

~B.K.S. Iyengar

Dea Bozzo

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