YOGA THERAPY for SLEEPLESSNESS and INSOMNIA
No Prior Yoga Experience Needed

Gary Kraftsow is a pioneer in the transmission of yoga for health, healing, and personal transformation and founder of the American Viniyoga Institute. In this weekend workshop Gary shares tools for managing insomnia—including asana, breathing techniques, relaxation, mental practices, and education.

The sessions will be lecture and practice both. No prior yoga experience required.

Viniyoga™ draws on ancient insights, applying the tools of asana, pranayama, chanting, meditation, relaxation, and personal ritual to help individuals achieve wellness, improve function, reduce suffering, regain self-confidence, and find happiness. Learn about this multi-dimensional approach to health care that empowers the individual to understand their own unique needs and promote effective healing for a wide range of conditions.

Gary Kraftsow began his study of yoga in India with T. K. V. Desikachar in 1974 and received a Viniyoga Special Diploma from Viniyoga International in Paris, France. Gary is the founder, director, and senior teacher of the American Viniyoga Institutes Yoga Teacher and Yoga Therapist Training Programs. He is the author of the books Yoga for Wellness and Yoga for Transformation and has released several educational DVDs. Recently, he coauthored “Building Bridges for Yoga Therapy Research: The Aetna, Inc. Mind-Body Pilot Study on Chronic and High Stress” in the International Journal of Yoga Therapy. Learn more at viniyoga.com.

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