

***What stimulates healing?***

***How can you harness your capacity to heal?***

***Is it possible to alleviate chronic pain?***

***..... To heal trauma or injury?***



***Svaroopa® Yoga Therapy*** can be the answer to your healing quest.

Come learn about the experience and benefits of *Svaroopa®* yoga therapy. Developed on the principles of releasing the spine, cultivating consciousness and opening from the inside out, *Svaroopa®* yoga therapy is a healing experience. This introduction will include a demonstration of a typical yoga therapy session.

Yoga and non-yoga students are welcome and encouraged. No experience needed. Dress comfortably.

Thursday, February 16, 2012  
7:00—8:30PM

~~~~A FREE EVENT ~~~~

*dibellayoga*  
The Depot Shoppes  
31 Plank Avenue < Paoli, PA  
610-578-0733 // [www.dibellayoga.com](http://www.dibellayoga.com)

**Polly DiBella E-RYT500**

*Polly brings 30+ years of yoga experience to her classes and private sessions. In addition to her local classes, she is a trainer for Master Yoga Foundation, helping to develop the next generation of professional yoga teachers.*