

# Yoga Therapy for Your Knees



## An Educational and Experiential Workshop with Amir

Yoga is a powerful system for preventing and healing pain. If you have chronic knee challenges, this workshop can help you can regain control of your life and jump out of the cycle of "learning to live with it."

- Re-align your hips and legs through stretches and traction
- Build your own recovery program for your particular condition
- Practice simple yoga postures which relieve pain
- Learn about postural patterns and their implications for knee health

*Amir has studied with the world's leading pioneers in yoga therapy and has personally assisted many of his yoga students who experience pain.*

**Saturday October 13**

**1:30 to 4:00 pm**

**\$35**

**Arlington**

Visit our website at [sunandmoonstudio.com](http://sunandmoonstudio.com) for more information about classes, workshops and events

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Event: **Yoga Therapy for Knees** Location: **Arlington** Fee: **\$35** Date: **October 13**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

New address (if we already have your current mailing address, no need to complete this line):  
\_\_\_\_\_

Visa/MC/Disc/Card #: \_\_\_\_\_ Expires: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Signature: \_\_\_\_\_

If paying by check, make payable to Sun & Moon Yoga Studio. Mail payment and registration to  
Sun & Moon Yoga Studio, 3811 Lee Highway, Arlington, VA 22207