

Yoga Bharati Presents Yoga for eyes (Vision Disorders) for kids 5-13

12 Week Yoga Workshop (12 sessions starting from December 3rd)

When: Every Saturday at 11:15AM (80 min duration)

Venue: 2297 Tanager Drive, Pleasanton

Phone : (408) 768 4301

Who can take up?

Shortsightedness (Myopia)

Long Sightedness (Hyperopia)

Astigmatism

Lazy Eyes

Dry Eyes

High Eye Pressure/Tension

Helps with Vision/Asthma/Allergies

Simply to help improve memory, concentration and focus

Yoga Module Special Yoga Techniques such as Trataka (Candle Light Meditation)



Contact Information:

408 341 YOGA (9642)

Pleasanton (408)768 4301



Register online at: <http://yogabharati.org/classes>

REGISTER ONLINE

For more information please visit www.yogabharati.org

Disclaimer: Please consult your doctor prior to any form of Yoga.