## 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

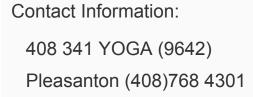
Helps with Vision/Asthma/Allergies

Simply to help improve memory, concentration and focus





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







Register online at: <a href="http://yogabharati.org/classes">http://yogabharati.org/classes</a>

## REGISTER ONLINE

For more information please visit www.yogabharati.org

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