

YOGA THERAPY FOR FIBROMYALGIA

A 4-WEEK GROUP PROGRAM

In this 4-week program, you will learn valuable self-care techniques, stress management tools, and yoga therapy to effectively manage pain and symptoms of fibromyalgia. Curriculum includes education on the psychology of pain, tools for insomnia, gentle movements, and meditation techniques. The program is designed to put the power back into your hands, so that you can feel more relaxed in your body, sleep more restfully, and maintain stable energy.

Because we value the importance of personalization and high-quality care of this program, limited spots are available.

LOCATION:

10 Millwood St., #5, Mill Valley, CA

DATES:

Saturdays 9/15, 9/22, 9/29, 10/6

2:00pm-3:15pm

REGISTRATION:

Contact Elaine at oyang.elaine@gmail.com

FEE: \$145

{**\$85 non-refundable deposit required at registration**}



Elaine Oyang is an IAYT Certified Yoga Therapist, Yoga Alliance Experienced Yoga Teacher, Nutrition Consultant, and Wellness Advocate offering her services throughout the San Francisco Bay Area. She works 1-on-1 with her clients to create customized programs that include strategic and gentle yoga movements, nutrition consulting, and guided meditations to help them resolve chronic pain and fatigue.



Melissa Congdon MD was very ill with fibromyalgia symptoms 10 years ago, and found helpful treatments to return to good health. She decided to "pay it forward" and has been a fibromyalgia consultant for over 8 years, helping hundreds of children and adults with fibromyalgia learn more about the condition and creating a personalized treatment plan to help them feel better. She produced a documentary *Fibromyalgia: Getting Our Lives Back—Success Stories on the Guaifenesin Protocol* available on YouTube.