

*Yoga & Wellness presents*



# Yoga for Chronic Pain

*A great place to begin.*

*Day by day,  
you can heal your  
body one breathe  
at a time.*

## Mondays 3-4:30 pm

- Gain relaxation, flexibility & balance
- Improve sense of ease & Well-Being

with Melissa Bukosky-Boodjeh M.S.



Melissa Bukosky-Boodjeh is a certified Hatha yoga instructor who has been practicing and teaching for 15 years. She has advanced training including more than 200 hours therapeutic yoga for Cardiovascular disease, Multiple Sclerosis, Pain Management and Cancer. Affiliated in Anusara Yoga, Melissa teaches precise principles of alignment while inspiring students to open their hearts to find their own wellspring of healing and joy.

Sliding scale \$8-\$15  
(no membership required)

Located at  
Health Sport Arcata  
300 Community Park Way  
Arcata CA 95521