



Introduction to Yoga as a Healing Practice

March 25, 2023

July 22, 2023

November 25, 2023

1:00 pm- 3:00 pm

Yoga in the United States is often viewed as a movement class with a little bit of breathing and meditation tacked on at the beginning or end of class. However, its transformative and healing benefits arise from a comprehensive set of spiritual principles, breath practices, physical yoga pose and meditation techniques. Learn more about this complete practice and the research that proves its effectiveness as an adjunct to medical treatment. You may be surprised at how many you already practice!

Registration Fee: \$40

Offered by: Dawn Marie Jacobson, MD

To read Dawn's Biography: <https://hermitagefarm.org/practitioners/>

To Register/For More Information:

Email a message to drdawn@dawnjacobsonmd.com