



**ANNE NOVAK**, is a KRI-certified Kundalini Yoga teacher and healer who specializes in the neuroscience of pain.  
[annenovakyoga.com](http://annenovakyoga.com)

MAY 27–JUNE 1 | SUNDAY–FRIDAY

# Anne Novak

## UNDERSTANDING AND HEALING PAIN

**FOR** all levels.

It's time to move through the obstacles that keep you from living a full and pain-free life. Anne Novak's inspiring and uplifting teachings provide a contemporary yogic blueprint for releasing and transforming pain. Learn to identify and heal the root causes of your suffering using a variety of modalities that create a greater sense of mind-body awareness, including

- Neuroscience and pain research
- Kundalini Yoga and meditation
- Hypnotherapy
- Guided relaxation
- Breathing exercises
- Reprogramming your beliefs
- Deep stillness.

Anne's innate gift for storytelling brings to life the concepts that she shares throughout this program, so that you can understand and heal the pain in your life right away. Her compassionate, encouraging, loving presence helps motivate you to approach yoga and meditation with courage and commitment.

Register Today

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