



22
JUNE
2017

WORKING WITH COMMON AILMENTS IN YOGA: AN INTRODUCTORY WORKSHOP

WITH MYCHAL A. BRYAN
(NASSAU, BAHAMAS)

VENUE: HIGH DESERT YOGA
TIME: 6:30PM-8:30PM

PRICE: \$35 IN ADVANCE | \$39 AT THE DOOR



MYCHAL A. BRYAN is a yoga teacher & therapist from Nassau, Bahamas. He studies & practices Iyengar Yoga under the guidance of senior teacher Dr. Lois Steinberg who studied yoga directly with BKS Iyengar for over 40 years. At his centre, he focuses on yoga therapy for common ailments and women's health issues. For over a decade, he has also helped thousands of people find clarity and insight through Tarot as a healing tool. Find out more at mychalbryan.com