An overview of modern neuroscience and what yoga philosophy already knew about the mind/body connection.

Leave having had a nervous system reset and some new knowledge to share.

Micro lecture and integrative yoga practice

January 23rd
5:30 pm-7:30pm
1520 Page Mill road
Room 115/117i
$35 for general community
$10 for Stanford community

Presented by YogaX
www.yogaxu.com