



## Yoga in treating premenstrual symptoms

Would you like to...

- learn a home based method to alleviate premenstrual symptoms?
- attend yoga classes for free?
- become more energetic and healthier?
- become more balanced?
- improve your concentration?
- get rid of the negative effects of stress?
- become part of a research project?

Join our 8 week yoga program for free!

We welcome volunteers who...

- are between 18-35 years
- understand basic English (the yoga lessons will be instructed in English)
- do not do yoga on a regular basis
- are willing to participate FREE yoga classes for 8 weeks, twice a week.

Starting date: May 22<sup>nd</sup> 2017

For more information and applications:

UP MS, Institute of Sport Medicine

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