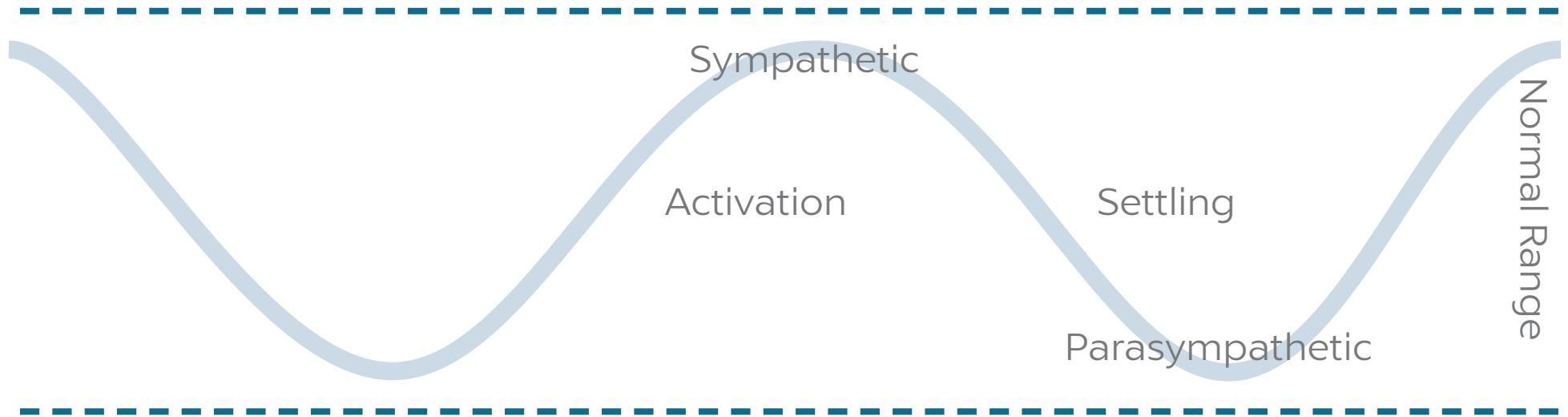


A Healthy Nervous System



Beverly Yoga Center

Nurturing the mind, body, and heart through yoga and meditation.

Symptoms of Un-Discharged Stress in the Nervous System

