

Ready for an even  
more rewarding  
Yoga experience?



**Amrit**  
by BRYNE BOYER



# Introducing



# Amrit

by BRYNE BOYER



**Find inner peace in just  
a few minutes per day.**

**Improve flexibility.**

**Feel happier.**

**Ease pain.**

**Relax.**

**Lets start  
together.**

# Here's a look at the benefits of yoga.

No experience necessary.



Yoga poses shift your mood so you gain more peace.



Learn new breathing techniques that help you focus.

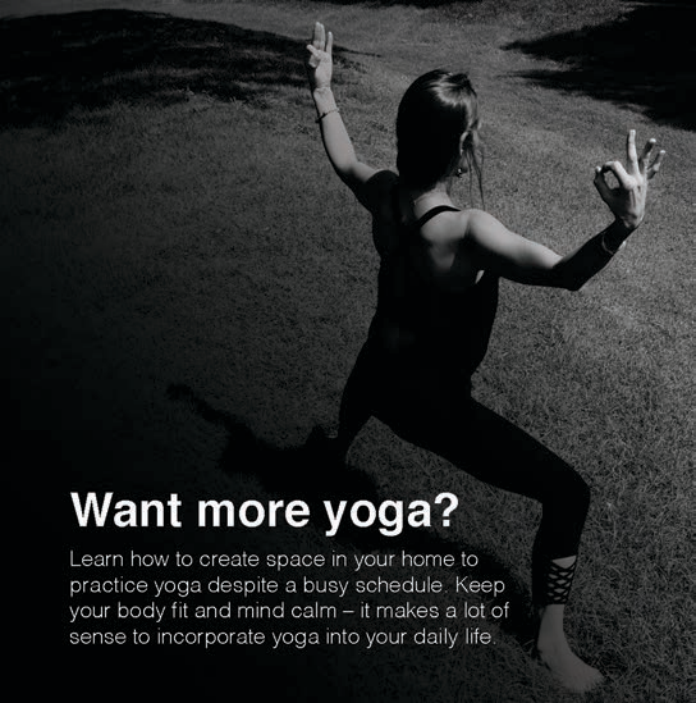


Be able to relax and live a healthier lifestyle.

**Learn more at [bryneboyer.com](http://bryneboyer.com)**

Always consult with your healthcare practitioner before starting a yoga practice. Bryne Boyer utilizes comprehensive yoga training and research to help others identify, develop and cultivate, discernment, self-awareness and a higher consciousness.





## Want more yoga?

Learn how to create space in your home to practice yoga despite a busy schedule. Keep your body fit and mind calm – it makes a lot of sense to incorporate yoga into your daily life.



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YOGA | MEDITATION | PRENATAL YOGA | DOULA