

Force Yoga

Yoga For Depression & Anxiety,

A compassionate guide to relieve suffering through Yoga



Lynn & Amy



Lynn

Amy Weintraub Founder of LifeForce Yoga / Certified Lynn LifeForce Yoga Practitioner

Lynn Roby, LifeForce Yoga Practitioner / Trained In Yoga Nidra

Certified By: Amy Weintraub Founder of LifeForce Yoga

Lynn Is also a Professional level KripaluYoga Teacher

She Possesses a M.S. and is a Licensed Addictions Specialist

Private Yoga classes or Private Counseling Sessions
Sacred Lotus Yoga Studio at Gettysburg Holistic Health Center
311 Fairfield Road, Gettysburg, Pa. 17325 717-338-9777

lynnroby@embarqmail.com
www.gettysburgholistichealthcenter.net