

Associated Neurological Specialties and Sleep Disorders Center



HOURS:
Thursdays
&
Fridays
11-11:50 am
12-12:50 pm
1-1:50pm

Medicinal Yoga Therapy at Our West Lake Location

An integrative approach for various neurological illnesses including sleep disorders, headaches and anxiety disorders.

Contact: 512 458 2600

Westlake@ansaustin.com

www.ansaustin.com

Location: 4407 Bee Caves Road, Building 3, Suite 301, Austin, TX-78746

Individual and group sessions available.

Group classes limited to six participants (\$20 per class).

These sessions will consist of friendly holistic counseling along with authentic yoga practice including warm-ups, postures, breathing techniques and meditation.