

YOGANUBHAV STUDIO



Learn Yoga with Anu Buzruk

Therapeutic Posture Sets

- Effective on ailments like diabetes, arthritis, thyroid imbalance, mental disorders, backache, knee pain and more.

Breathing Techniques

- Effective on sinus allergies, migraines, asthma, bigger lung capacity and more.

Cleansing Techniques

- Effective on indigestion, recurrent cold and coughs, abdominal fat and more.

Chakra Meditation

- To balance energy centers, give peace of mind, and improve focus and emotional strength.

Yoga for Kids

- To improve concentration, emotional balance, self-esteem and physical fitness.

Call or email Anu for details regarding schedules, group reservations and fees.

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Anu Buzruk studied yoga at the Swami Vivekananda Yoga Center in India and then moved on to teach at her own yoga studio for six years.

After moving to Chicago Anu completed the Registered Yoga Teacher Training Course from the Lotus Center.

She has taught more than 300 students at various yoga studios.



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