

# Guided Imagery for Relaxation



**Wednesday, March 8th**

**6:30 – 8:00 p.m.**

Learn and experience the benefits of guided imagery. This powerful mind-body technique can create deep relaxation and activate your natural capacity to heal. You'll be guided through different visualizations and leave with tools (including a guided imagery audios) you can incorporate into your life.

**Cost is \$20**

*(includes relaxation MP3s)*

Class by Jen Strating, Biofeedback Therapist and Yoga Teacher

At Wholeness Center 2620 East Prospect Road, Suite #190 Fort Collins, CO

**Register in advance at 970-221-1106**



**Wholeness Center**