



# Relax & Renew Workshop for Women

Saturday, March 25  
1:00 - 4:00 p.m.

Come join us for a 3 hour deep relaxation workshop where you'll find tranquility. You'll experience relaxation techniques including progressive muscle relaxation, breathing exercises, yoga, guided imagery, positive affirmations and essential oils.

Cost is \$50 - includes handouts & relaxation MP3 download.

Class by Jen Strating, Biofeedback Therapist and Yoga Teacher

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

Call to register at 970-221-1106

