

Learn to use yoga as a tool to manage the physical, psychological and emotional effects of chronic stress and anxiety. We will work with gentle movement to relieve muscle tension, breathing exercises, restorative yoga, guided relaxation techniques and aromatherapy to calm the nervous system.

All levels welcome.

Class includes lecture, discussion and practice.

by Jen Strating, Registered Yoga Teacher & Biofeedback Therapist

*Relax*

***Saturday, October 21***  
***1:00 – 4:00 p.m.***

*Wholeness Center*  
*2620 E. Prospect Rd Fort Collins, CO*

**Cost is \$65**  
***Space is limited – Please***  
***register in advance at***  
***970-221-1106***

# *Yoga for Anxiety Workshop*

