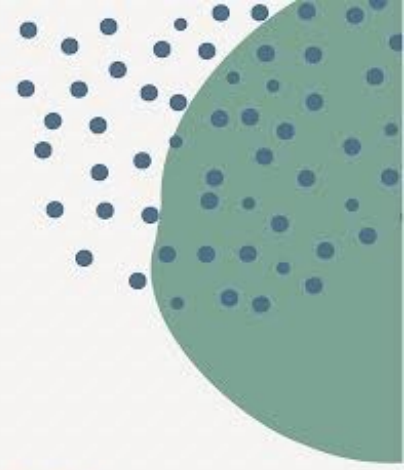




911 PARSONS AVE  
EVERY TUESDAY  
2:30P-3:30P



# Relaxation Class

## EXPERIENCE

- gentle movement
- restorative poses
- essential oils and Reiki
- calming breath practices
- simple techniques you can use daily to ease the effects of stress

RELAXATION FOR ALL PEOPLE CLASSES ARE LED BY URBAN ZEN INTEGRATIVE THERAPISTS WHO ARE TRAINED IN TECHNIQUES THAT HELP ACHIEVE REST, EASE, LEVITY, INTEGRATION, ENERGY AND FOCUS.

For more information, email [UZIT@4allpeople.net](mailto:UZIT@4allpeople.net)

