



Relaxation 4 All People



Do you need a break from **Stress**

Join us in the Connection Center (911 Parsons Avenue) for Free Relaxation Classes

Tuesdays, New Hours: 2:30pm- 3:30pm

Classes include:

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

Relaxation for All People Classes will be led by Urban Zen Integrative Therapists who are trained in techniques help achieve rest, ease, levity, integration, energy and focus.



For more information email UZIT@4allpeople.net OR Scan QR Code