



Relaxation 4 All People



Do you need a break from **Stress**

Join us in the Connection Center (911 Parsons Avenue) for Relaxation Classes
Tuesdays from 1:00 -2:00 pm and 5:00 – 6:00 pm

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

**Classes are FREE for CD4AP
Program Participants!**

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 or to sign up, email UZIT@4allpeople.net OR

