



YOGA WORKSHOPS

ENDING ANXIETY USING YOGA SECRETS

SATURDAY, NOVEMBER 4 | 2:00-4:00 PM | W/ KEN H.

Learn tools to help calm and manage anxiety forever! Ken will teach breathing techniques to sooth emotions and quieten the mind, methods to replace bad habits with good habits and much more.

MEMBERS \$25 | NON-MEMBERS \$40

MINDFUL EATING FOR THE HOLIDAYS

SATURDAY, NOVEMBER 11 | 1:00-3:00 PM | W/ MONICA M.

This mindful eating workshop will explore how feelings directly impact the food we eat in connection to mind, body and spirit. You will leave with a refreshed perspective on your relationship with food.

MEMBERS \$45 | NON-MEMBERS \$60

REGISTER TODAY AT OUR SALES AND SERVICE DESK!

Workshops held at Sara's YMCA.