

# YOGA FOR ANXIETY & AND STRESS RELIEF WORKSHOP

*come stressed. leave blissed*

## GOOD VIBES YOGA BAR

### JUNE 22ND 3PM

Join Camille Alonso, 200-RYT & Meditation Teacher as she guides students through a practice that will give them the tools to help reduce stress & anxiety. We live in such a fast paced world, but given the chance to slow down, we can come back home to ourselves, to the inner peace that resides within us. You can expect essential oils, meditation, breathing exercises, singing bowls, gentle & restorative yoga, yoga nidra, and journaling. Come relax your body and calm your mind. Take home tools to help reduce stress, manage anxiety and panic attacks, and most of all, give yourself the opportunity to heal and relax.



**\$30 ADMISSION**

NO REFUNDS FOR SAME DAY CANCELLATIONS OR LATE/NO SHOWS

LIMITED SPACE - RSVP/CANCEL DATE JUNE 19TH