

Stress Be Gone!



Friday, February 24, 2017 – 4:30-6:30pm
\$35 early registration by 2/17, \$40 thereafter

If you are one of the millions of Americans who suffer from stress and if you would like to learn simple techniques to regain energy, good sleep and peace of mind, this workshop is for you! You will learn movement and breath practices from the Eastern qigong tradition and joint mobilization exercises. We finish with deep relaxation and breathing at the rate of five breaths per minute. Research has shown that this technique, called coherent breathing, effectively relieves stress, balances the nervous system, and improves energy and mental focus. Open to everyone, especially beginners.

with Liz Owen, E-RYT500



Liz Owen has taught since 1990 and is known for her light-hearted and inspiring teaching style, as well as for the depth of her knowledge. She has studied yoga for over 30 years with masters of various traditions including B.K.S. Iyengar, Patricia Walden, Thich Nhat Hanh, T.K.S. Desikachar, Erich Schiffmann and Rod Stryker. She is co-author of *Yoga for a Healthy Lower Back*, Shambhala Publications, and two NIH-funded studies on the effects of yoga on anxiety and depression. Liz teaches in Boston, MA and conducts workshops and retreats in the U.S. and internationally. www.LizOwenYoga.com.