

# YOGA FOR MANAGING STRESS With David

Friday, November 27th for 4 weeks

7:00 - 8:00 pm



**GO FROM THIS.....**



**TO THIS >>>>>**

The media, the upcoming holidays, our jobs and our health can create unwanted stress. Everyone has some form of stress in their life and sometimes we are unaware as to how this stress affects us until we are able to identify it.

Yoga does reduce both the physical and mental stress.

- Learn techniques to keep you calm and centered at times of stress
- Find out why these ancient yoga techniques work so well
- Change the way you react to the stress
- Experience fewer ups and downs both mentally and emotionally
- Increase your physical immunity and overall well being

There is no yoga experience necessary for this workshop and it will be beneficial for all ages, and body types.

MISSED CLASSES MAY BE MADE UP IN REGULAR YOGA OR DANCE YOGA CLASSES UNTIL DECEMBER 31, 2009.

**Fee: \$60 + gst for 4 classes**

Pre-register, please. We need 5 participants to run this class.

Your payment will confirm your participation and secure your spot. We accept VISA and M/C, Cheques and Cash.

To register, please call

**Maureen Rae**

**416-716-7589**

[info@mraesyogastudio.com](mailto:info@mraesyogastudio.com)

Classes will be held at:

**Maureen Rae's Yoga Studio**

**5324 Dundas St. W.,**

**Toronto**

[www.mraesyogastudio.com](http://www.mraesyogastudio.com)



*David is a graduate of the studio's Advanced Yoga Teacher Training Program, and a Registered Yoga Teacher with Yoga Alliance. He has a genuine interest in helping all students discover the benefits of yoga.*