

BEYOND THE MAT

Yoga for Stress and Anxiety Reduction with Leslie M.

This 1-day workshop will explore how stress and anxiety can be impacting your body, mind and spirit.

**WHEN: FRIDAY MARCH 29 @ 1:30PM-3:30PM OR
SUNDAY MARCH 31 @ 3PM-5PM**

WHERE: YWCA STUDIO

**PREREQUISITES: 18& OVER. MUST BE ABLE TO
GET DOWN/UP FROM THE FLOOR**

EQUIPMENT: MATS AVAILABLE OR BRING YOUR OWN

COST: YWCA MEMBERS \$25 YWCA NON-MEMBERS \$30

QUESTIONS: LESLIE.MISENHEIMERER@GMAIL.COM

**PRE-REGISTRATION REQUESTED:
INDUSTRIALSTRENGTHFITNESS.COM/CLASSES**

We will explore some tools that will help you in your daily life. Using the practice of breath (pranayama) and poses (asana) from the yogic perspective, you may decrease stress and anxiety and allow for greater rest and focus.

3420 Park Road, Charlotte, NC 28209

