

# Finding your Emotional Balance through Yoga

This informative workshop will introduce you to simple yoga poses and self help tools to ease anxiety, lift depression, and relieve stress.

when Sunday, October 3 | 3:00 - 5:00pm

where RAC Yoga & Pilates Center

Cost:

\$30.00

Dr. Beth O'Brien is a certified yoga instructor and licensed psychologist specializing in health and wellness. For more info and to reserve your space, call Beth at 970.491.9689



[www.raintreeathleticclub.com](http://www.raintreeathleticclub.com) | 970.490.1300

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