

# Relax, Renew, Reconnect

Move into Joy  
A pre-holiday workshop



Sunday, December 15th, 2019  
1:30 - 4:30pm

Holidays have you feeling

**Stressed, Anxious, Tired, Lonely, Over-burdened?**

In this workshop we will explore various ways to take care of ourselves before and during the winter holidays so we can get through them feeling calm, grounded, energized and open to the joys and meaningful connections the season has to offer.

Come join us in this safe and nurturing environment as we use

**Meditation ~ Movement ~ Music ~ Writing ~ Art**

- To let go, rest and relax
- Examine and accept our complex feelings about the holidays
- Embody, express and anchor how we want to feel during this holiday season

**No experience required.**

**We will explore, discover and have fun.**

**Date:** Dec. 15<sup>th</sup>, 2019

**Time:** 1:30 - 4:30pm

**Location:** Unity Yoga 610 The Parkway Richland, WA 99352

**Fee:** \$55 Early bird discount \$45, register and pay by Dec. 10

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**Irene Bowers:** I am a movement teacher, Guild Certified in the *Feldenkrais Method*<sup>™</sup>. I have a background in singing, acting and dance. I'm also a practitioner of Somatic Experiencing®, a psychobiological approach to reducing trauma symptoms, chronic stress and persistent pain. I give classes, workshops and work privately with clients.

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