

Yoga For Emotional Healing

*With Rachel Hagerty RYT
and Limited License Psychologist*



Friday June 8, 2018

Red Lotus, Rochester

7:30pm to 9:30pm

\$30 pre-registration/\$35 at the door

2 hours include:

- getting to know your anxiety & stress
- guided visualization
- 60-minute yoga practice specifically for emotional health
- practical strategies to take outside the studio

As people we are often pulled in many directions that may cause us to feel overwhelmed, stressed, anxious, unlike ourselves leaving us searching for ways to find emotional balance. If this statement resonates with you please join Rachel Hagerty, RYT-200 yoga teacher and limited license clinical psychologist with 10 years' experience, in a 2-hour emotional healing and wellness workshop. We will discuss aspects of anxiousness, be guided through a visualization aimed to recognize and release unwanted thoughts, a 60-minute yoga practice with poses specifically for emotional wellness, and other practical strategies you can take with you and use outside the studio.

pre-register at redlotusyoga.com and 248-601-9642
Red Lotus Yoga 1900 S. Livernois #A, Rochester Hills