

# YOGA for the UNTETHERED Mind

gentle YOGA and BREATH exercises  
designed specifically to INSTANTLY CALM ANXIETY  
RE-CLAIM your thoughts  
and RELEASE TENSION



Maureen Kozicki, ERYT, Relax & Renew Trainer, mom, cancer survivor, lover of chocolate, and peacemaker, has been practicing and teaching yoga for over 15 years. Her current teaching style addresses the combined interaction of our immune system, our physical well being and our mental health to help access healing from within.

## ABOUT

This workshop will offer simple tools you can take with you that instantly calm anxiety, soothe your stressful mind and release tension from your whole body.

Maureen knows the very real yet often hidden struggle of the stressed out mind and body. She will share her story with you as well as gently guide you through effective yoga, breathing, and mindfulness therapies.

Chocolate and a small gift just for you are included as well as a handout outlining the therapies explored.

**What: "Yoga for the UNTETHERED Mind"**

**When: Friday, November 2, 2018**

**Where: Red Lotus Yoga**

**1900 S. Livernois / 248.601.9642**  
**[redlotusyoga.com](http://redlotusyoga.com)**

**Time: 7:30pm-9:00pm**

**Cost: \$30 pre-registration price**  
**\$35 at the door price**