

# MARCUS INSTITUTE OF INTEGRATIVE HEALTH

## LUNCH & LEARN WELLNESS SERIES



Lunch provided!



Please reserve your space by emailing name, phone number and choice of workshop(s) to [marcusinstitute@health.fau.edu](mailto:marcusinstitute@health.fau.edu)

### **September 7 | 10-11 a.m.** **The Science of Breathwork**

*Heather Berg  
Certified Yoga & Meditation Instructor  
Buteyko Breathing Method Instructor*

### **October 12 | 10-11 a.m.** **An Introduction to Acupuncture**

*Nick Kusturic, Lic.A.P.  
Herbalist, Taiji Instructor*

### **November 9 | 10-11 a.m.** **Chair Yoga**

*Ruth Sanders ERYT500*



Bolay Kitchen  
5030 Champion Blvd  
Boca Raton, FL 33496



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