



Ashland Senior Services Division Presents:

Fast, Powerful Tools to Harness Worries

(and Turn the Winter Holidays into Pure Joy)

Wednesday, October 21, 1-3pm
Virtual Workshop via Zoom

FREE, but please register at ashland.or.us/register,
by calling 541-488-5342 or emailing
seniorinfo@ashland.or.us.



The November-December holiday season is stressful at the best of times and right now, even more so. Learn to create freedom and joy instead!

In this workshop, you will learn:

- Two powerful techniques that can transform your mental and physical landscape in as little as three minutes. The more you practice them, the more powerful they become! (No sitting in difficult postures!)
- A longer technique for even more power over your life
- How to harness and eliminate holiday stress, giving you two months of pure joy

Class includes access to 100 free videos using the techniques and discounts on books to enhance the learning.



Victoria Leo has been teaching, live and online, on health topics relevant to seniors for over two decades. She lives in Ashland, is the author of *101 Stress Busters for Energy, Joy and Healthy Longevity* and other books, has graduate degrees in biology and psychology, and teaches online at OLLI. Victoria and hubby Rick have had wonderful holidays, full of love and laughter and no stress, for a decade.