

# Julie Francis

## Calm Your Nerves

**A Body Centered Approach  
To Reducing Anxiety, Stress  
and Tension**

**Saturday, September 30, 2017**

**1:00 - 3:30 pm**

**\$50 by Friday, September 22, 2017**

**\$60 thereafter**

*\*4.5% fee added for credit card payments.*



**HOW YOU ARE WIRED EMOTIONALLY AFFECTS HOW YOU MOVE.** Likewise, how you move affects your emotions. Imagine if you had a few simple things you could do to quiet your nervous system so that both your mind and your body could feel more comfortable, even in the middle of a challenge.

Whether you are yoga teacher, yoga student or just someone who wants to learn how to live more lightly in your body, this workshop will give you the tools you need to “calm your nerves.” You will come away with a better understanding of the nervous system, its reflexive responses and what you can do to keep yourself humming along.

*Open to all levels.*



**JULIE FRANCIS** has been teaching Awareness Through Movement<sup>®</sup> for more than 20 years. She is an Assistant Trainer of the Method and often mentors new graduates and students in the gentle art of enhancing awareness. Julie is known for her clarity, compassion and humor. She maintains a private practice in Glen Ellyn.



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### STUDENT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### PAYMENT

Prairie Yoga accepts cash, check, or credit cards.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

\_\_\_\_\_ **\$50 by Friday, September 22, 2017** \_\_\_\_\_ \$60 thereafter

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: \_\_\_\_\_

Expiration: \_\_\_\_\_ 3-digit security code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



PRAIRIE YOGA / ALIGN ®  
YOUR SELF

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