

From Body to Mind: A New Way to Manage Stress

Feeling stressed, tense, or just “off”?

Wish you could reset without having to think your way through it?

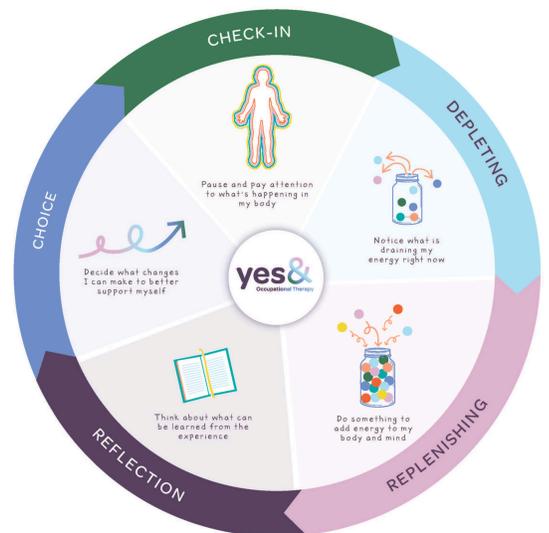
What if your breath, movement, and senses could guide you back to calm, focus, and grounding?

In This Experiential Class, You Will:

- Slow down and reconnect with how your body moves and feels
- Learn how stress shows up in the body
- Explore simple practices to release tension
- Improve focus and feel more present in your daily life
- Discover the Energy Cycle – a practical framework to notice:
 - What fuels you
 - What drains you
 - Small choices that help restore balance

ENERGY CYCLE

Personalized tools and strategies to navigate daily life through body to mind connection.



SCAN QR code to Register



Classes will meet on Thursdays:
2/5, 2/12, 2/19, 2/26, 3/5, 3/12
5:45 PM – 7:00 PM
Room H3

\$60.00
ONLY \$10
A CLASS!