



MOVING FROM STRESS TO C-A-L-M

**NEW: SIX-WEEK COURSE ON THURSDAYS
@ 6:30PM BEGINNING OCTOBER 7
LAKELAND HILLS FAMILY YMCA**

PRESENTED BY IVETTE DESAI, INTEGRATIVE
YOGA HEALTH COACH, YOGA INSTRUCTOR,
AUTHOR OF "RELAUNCH YOUR LIFE FORCE"

Six-week course to find tools and develop better habits to reduce stress, nourish your body and develop more connection to self and others. Using meditation, breathing techniques, habit evolution and behavioral science, science of Ayurveda, you will learn tools to bring more calm and ease to your life so you feel better in your body, mind and soul. Each class will cover a breathing technique and/or short meditation to develop self awareness and learn how this can support positive energy shifts to work on healthier sleep habits, self-care and eating habits.



Ivette Desai



REGISTER

Members \$50 / Non-Members \$75 (A journal to take notes will be provided)

CONTACT

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