

# Free Workshop Available From Stress to Success A Sampler of Relaxation Techniques



The topics covered will be: stress and its effects on the body, reflexology massage, chair yoga, meditation, guided imagery, relaxation exercises, Reiki, walking as meditation, and creating a gratitude journal. This workshop offers a sampling of different modalities that can be used to decrease stress in your life and let's you try them out a little bit. The goal isn't to train you in any one area, but expose you to different modalities so that you can choose which ones to go more deeply into and use them for decreasing stress in your own life. This workshop will last 1 and ½ hours. Participants should dress comfortably.

If you would like to schedule a free workshop, contact: Mary Lynn Perry at (916) 337-5992 or email: [mlperry10@gmail.com](mailto:mlperry10@gmail.com)