

Do You Long to Reduce Stress?

- *Are you struggling to do it all, exhausted at the end of the day?*
- *Does it feel like your brain and body are just fried?*
- *At times do you feel that you can't do it one more day?*

77% Percent of people regularly experience physical symptoms caused by stress. And most people don't know the ways it impacts them and others around them.

There is relief with “NeuroYoga”™

De-stress from daily life and work!

Get more restful sleep and energy!

Reduce the impact of stress on your body and brain, your health and your well-being!

Treat yourself, because you are worth it!

Transform the tyranny of stress to tranquility™

Experience Your



Sat Nov 19, 2016

1:00-4:30 p.m.

Dayton, Ohio

Bergamo Center for Lifelong Learning
4400 Shakertown Rd, Dayton, OH 45430

“NeuroYoga”™ is a blend of the latest neuroscience, yoga, and meditation to experience your practice at a new level that could transform your life.

What neuroscience is revealing about yoga and meditation is exciting because essentially it's starting to catch up with yogic wisdom – yoga and meditation improves your brain, makes you stronger, healthier, more relaxed, and be able to self-actualize.

In this introductory workshop, you will learn and experience techniques that help retrain the brain's stressful habits; which impact us at more levels than was previously known. Science now understands in very precise detail the exact mechanism of how the mind causes our stress and disease. Stress affects our body and cells right down to our genes. However, you can learn to erase negative habitual thoughts, emotions, and behaviors and replace them with healthy ones.

Everyone over the age of sixteen – with or without prior experience is invited to join us to explore a level of tranquility few of us experience in our hectic daily lives.

Visit <http://neuroyoga.zone> for details and registration.

