

Holiday Season Stress

Do you anticipate the upcoming stress of the holiday season?

Is your stress level already unmanageable?

Do you find yourself sleeping poorly?

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”™

Relax this holiday season & experience less stress

Reduce the stress level you already experience

Get more restful sleep

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

Treat yourself to an early gift this season because you are worth it!

Experience Your



Sat Dec 12, 2015

8:30-11:30 a.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 rewire 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.



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