

Monthly Stress-Reduction Clinic



**Sundays this Fall
12 to 1:30 pm
\$20**

**September 26th
October 31st
November 21st
December 19th**

Pre-registration and payment of tuition necessary, at least 48 hours in advance.
Space limited to 12 participants.
No prior experience with yoga or meditation expected or needed.
Chairs, as well as cushions and mats, provided.

**Choose to Be
Happy, Healthy, and Free—
One pose at a time
One breath at a time**

Classes led by Chris Warner (M.Ed., E-RYT)
Śānti Yoga studio, 10 Hovey's Pond Drive, West Boxford. Near the Brooks School, on the North Andover line.
Contact Chris for more information or to register to attend: (978) 352-8787 or practiceforacure@yahoo.com
Off-site visits (home, office, hospital, etc.) also available.

www.practiceforacure.org