



Presented by:  
Certified Yoga Therapist  
**Tracy Flynn (C-IAYT)**

**Friday, November 19**

**7:30PM – 9:00PM**

**\$30 per person  
(\$35 door)**

# yoga therapy

for  
stress &  
anxiety

*It has been a tough several months! As a result many of us have experienced an increase in our usual levels of stress and anxiety. The good news is that there are many effective strategies within Yoga Therapy for managing stress and reducing the symptoms of anxiety.*

In this session we will primarily focus on activating the parasympathetic response (also called the relaxation response) with simple breath strategies and then combine them with movements. In the long list of tools available I usually begin with these when working with individuals who come to one-on-one sessions. They are effective for a large percentage of people and are generally easy to apply. Additional Yoga Therapy For Stress & Anxiety workshops will be offered in the future wherein Tracy will apply additional Yoga Therapy techniques for alleviating stress and anxiety.

**Pre-register online:**

<https://www.updogyoga.com/workshops/rochester-workshops>

*Tracy has advanced Yoga Teacher Training (C-IAYT, E-RYT® 500) and has been practicing Yoga Therapy for 10 years. She has helped many people manage their stress and reduce the frequency and symptoms of their anxiety. She also helps people improve wellness by reducing structural imbalances and managing chronic illnesses. She provides individual Yoga Therapy sessions at UpDog and is the Yoga Therapist on staff at Doctors for Kids in Rochester Hills.*



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