

# Yoga & Crafts For Anxiety

## Monthly Monday Evenings

(first Monday of month, beginning June 4)

8:00PM-9:30PM

\$15 per person (\$20 door)

*Walk-ins always welcome*



***Creativity Without Criticism, Competition And Comparison Is A Rewarding And Meditative Practice, Highly Beneficial To Health & Well Being - Welcoming And Inclusive To All!***

Meditation and other stress-reduction techniques, such as Yoga and focused crafts have been studied as treatments for depression and anxiety. Stress and anxiety can often feel debilitating and we're here to help. Join a group of people who understand you, holding no judgment or expectation, to help you find ways to heal.

Yoga & Crafts sessions with Kelsey and friends explores engaging, interactive, yet highly-focused meditative ways to channel our anxieties elsewhere in order to quiet our mind and find peace within ourselves, such as:

- Painting, drawing and art projects
- Coloring mandalas
- Vision boards
- Jewelry making
- Knitting
- Therapeutic oils
- Journaling
- Guided meditation
- Chakras and chanting
- Breathing techniques
- Gentle Yoga
- Free form dance
- Group discussion and support



Each monthly session will highlight a new, fun activity for the group. All instruction and supplies provided. Let Yoga & Crafts be that light for you and come begin your journey of healing inside and out!

Pre-register online: <https://www.updogyoga.com/workshops/workshops-sterling-heights>



[www.updogyoga.com](http://www.updogyoga.com) 13911 19-Mile Road, Sterling Hgts., MI 48313 | 586.232.9555

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