



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

Friday, February 25

7:30PM – 9:00PM

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

yoga therapy

for
stress &
anxiety

**Short Breath
Retention &
Using Opposites**

In this session we will focus on two strategies from the Yoga Therapy tradition that are very effective at cutting through our experience of stress and anxiety: Short Breath Retention and Using Opposites.

We will use these interventions while coordinating breath and movement, and also use reflection and relaxation. There are no prerequisites for attending this workshop and all Yoga experience levels are welcome, including beginners.

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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