AFICS/NY and AGING SMART COMMITTEE PRESENTS

IMMUNE SYSTEM JITTERS?
YOGA CAN HELP!!

JOIN US FOR AN HOUR TO LEARN

- Simple, gentle, and effective breathing and mindfulness techniques to calm body & mind.
- How to assess & change lifestyle habits to better support your immune system
- How to use breath centric movements, sound and touch to energize your body and strengthen your defenses to germs.

YOUR PRESENTERS
Paula Saddler, Liz Huntington, and Shoba Mani are RYT-500 Viniyoga Yoga Instructors and Therapists trained in Yoga Therapy and Clinical Applications through the American Viniyoga Institute.

WEBINAR
OCT 5, 2020
1:00-2:00 PM EST

LEARN HOW TO:
MOVE WITH BREATH
CREATE HEALTHY LIFESTYLE HABITS
CALM YOUR BODY & MIND

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