

Register [Online](#) or call 858-566-6514



**The Center for
Mind & Body
Wellness**

**Psychotherapy
& Healing Arts**

Yoga & Meditation Series

“Reducing Stress with Yoga and Meditation”

Saturday, September 18th

Life sometimes presents challenges that can result in stress for your mind and body. Our next yoga and meditation workshop will combine both yoga, meditation and energy supportive practices that help nourish and relax your entire being. This will be a beginning level workshop but can offer the support of group practice to individuals who are already experienced practitioners.

Date: Saturday, September 18, 2010

Time: 10:00 a.m. - 12:30 p.m.

Registration Fee ...\$75 (snacks will be provided)

Register [Online](#) (see blog) or call 858.566.6514

Size: Space is limited 6, so that individualized instruction and support can be provided. Registration deadline is Sept. 16.

Workshop Presenters: Dr. Linda Collins, licensed Clinical Psychologist and Mara Cooper, Certified Yoga Instructor

