

Relax and Reset: Gentle Yoga for Stressful Times



- Explore **gentle** movement (yoga), breathing, and visualization practices that help promote feelings of ease and relaxation
- Reduce stress-related muscle tension
- Create a personal “toolbox” of simple skills and strategies to promote relaxation that you can use in your everyday life
- Connect with others around the challenges of physical distancing

Movement practice will be done in a chair and standing (no mat needed)

- **Location:** Your home through the Zoom App (can be accessed through smart phone, computer, or tablet)
- **Date:** 6 Fridays starting August 7th through September 11th
- **Time:** 12:00- 1:00 pm

Led by Sally Olmsted, LICSW, CYT of the Wellness Collaborative

For more information and/or to register call Sally at 479-4083
or email at sally.olmsted@wcmhs.org

Pre-Registration is Required!

The Wellness Collaborative of Washington County Mental Health Services is dedicated to A
Holistic Approach to Health and Wellness, Supporting Individuals Through the Stress of Daily Life