

EDUCATION MEDITATION CONCENTRATION

An EMOTIONAL WELLNESS workshop

with EMILY

Date: Saturday, June 22, 2019 from 10am – 1pm

Location: Hastings Community Center – James Cork Room

Feeling out of control with sadness, anger, or anxiety?

Talking about it hasn't helped?

Struggling to make sense of your moods?

It's time to take charge of your own emotional health!

EDUCATION: Emotions are no mystery! Learn what, why & how of managing your emotions & the importance of the mind-body connection.

MEDITATION: Easy and effective meditation techniques to regain emotional control and cultivate self-acceptance

CONCENTRATION: Intention & effort are required for growth. Worksheets and writing prompts to help you make realistic and personalized changes to create lasting improvement!

This is no "woo-woo" workshop about "vibrations"! It's about using psychology, physiology, and philosophy in order to take charge of your emotional state!

Join me for this free healing workshop!

We'll be exploring mind & mood using theories from Western science & Eastern wisdom.

Spaces are limited. Please register by emailing Emily at hytutoring.emily@gmail.com



Emily Kluge

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