



Seaside Yoga Sanctuary presents

MYS California Stress Workshop Event

2 hours of therapeutic Medical Yoga,
Meditation and a Gong Bath Relaxation



Stress always starts in the brain, even though you feel it in your body. The body is designed to handle **stress** for short periods of time but when stress becomes chronic that's when it harmful. For many people **stress** has become a way of life. Using Medical Yoga with its therapeutic approach where postures are done in a slow and controlled manner has been proven to have a great impact on **stress**. The Yoga postures will prepare your body for meditation. People who meditate experience lower levels of anxiety, anger, depression, and tension, and meditation can also be a supportive practice for those who have experienced trauma.

Gong Baths are considered one of the most deeply healing and restorative meditations possible, particularly because of the deep state of relaxation that is attained in response to the sound vibrations. Gong is a healing tool for body; mind and soul at all levels. It can repair your whole system's neurons and restore their function. It can reduce stress-related problems, depression, fatigue, anger, hostility, fear and loneliness; stimulating the hormone system to a higher function; strengthens the immune system, reduces tension and stimulates blood circulation.

SEASIDE YOGA SANTUARY 1360 FREMONT BLVD, SEASIDE. 831-899-9642 \$30

OCTOBER 10TH SATURDAY 12-2PM

www.seasideyogasanctuary.com

www.medicalyogasweden.us