

# Yoga for Stress Workshop

Sunday, March 6

*Jamie Blessinger, RYT*



Jamie Blessinger, RYT 500, is an experienced yoga instructor teaching at Jai Dee Yoga and Wellness Studio, University of Tampa, and Tampa General Hospital.



**Come explore the Yogic Approach to Stress Management.**

- Learn to understand stress and how to relieve it
- Build a foundation of inner steadiness
- Cope with stress as it arises and how to respond, not react, to situations.

Jamie will take you on a journey through a step by step process of experiential learning that will include stretching, relaxation, breathing, and concentration that leads to a more peaceful way of living that you are able to recreate.

**Sunday, March 6 from 12 to 3pm.**

The cost of this workshop is \$30.00.

