



**Stress Less- Stress Reduction Techniques  
WORKSHOP  
AT BAKER PARK – SUNRISE TERRACE  
MAY 4<sup>TH</sup> 2024**



**with Yoga Shrink Dr, Christen Scott**

with over 20 years of health and wellness experience in her private psychotherapy practice and her yoga studio in South Florida. She is a 500 level experienced yoga teacher with Yoga Alliance, a meditation & mindfulness teacher as well as a Reiki Master.

**Registration: 8:30 am**

**Workshop: 9 am to 10:30 am**



**FREE – DONATION ACCEPTED  
AT REGISTRATION**

**REGISTRATION REQUIRED AT  
PJONES@MHASWFL.ORG**

**DECREASE NEGATIVE  
REACTIONS TO STRESS &  
INCREASE HAPPINESS!**

**LEARN BREATHING  
TECHNIQUES,  
MINDFULNESS  
EXERCISES & OTHER  
MINDSET SHIFTS TO  
ACTIVATE MORE PEACE  
IN YOUR LIFE!**

**BRING A MAT OR  
PILLOW TO SIT ON**



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