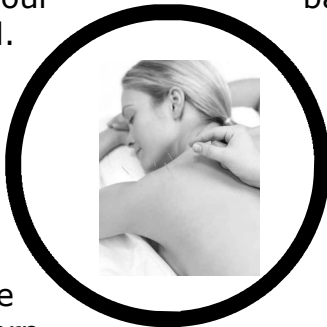


## Women on a path to Wellness . . .

Women have unique issues which make our lives and our health more complicated. It is easy for us to become overwhelmed with caring for others while neglecting to care for ourselves. The Women's Wellness Workshop at Simple Abundance Yoga will help you learn more about ways in which you can begin to restore and renew your body, promoting overall wellness and preventing disease. This will be a fun, interactive experience, with lots of take-home information for you to incorporate into your self-care practice.

The workshop will begin with a presentation by Jenna Hayworth, L.Ac. After a brief introduction to the Eastern & Western theories behind acupuncture, we will discuss how acupuncture works to harmonize both our physical and emotional bodies. She will demonstrate needle insertion and explain what to expect before, during and after an acupuncture treatment. Throughout our discussion, we



Treat & prevent illnesses with acupuncture



Release stress & anxiety with massage therapy

will explore the concept of creating balance & healing space in our daily lives.

After a brief break to have refreshments and chat with Jenna, we will learn how yoga can help relieve stress & anxiety, as well as treat and prevent several illnesses which are specific to women. Although this will mainly be a discussion about the benefits of yoga, we will do some simple stretches and breathing exercises, so please dress comfortably. You will not need a mat.

We will break once again for refreshments and any questions you may have for wendy. We will also draw for doorprizes at this time.

Our final presentation of the day will be with Peggy Fabozzi, LMT, who will share the benefits of massage therapy in dealing with fibromyalgia, plantar fasciitis, MS, lymphedema, tension, and stress.

Please feel free to write down any specific questions for any of our presenters. You will be given time for questions after each program.

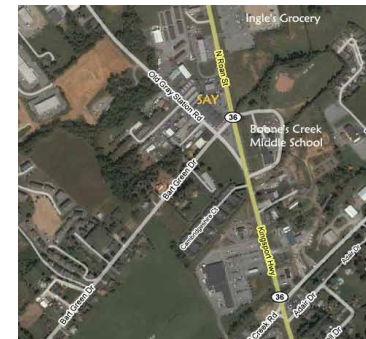
Tickets are available at **Simple Abundance Yoga** studio in Boone's Creek (located in the Wilson Center)

Please pre-register at the studio, Tri-Cities Acupuncture & Wellness, or Fabozzi Chiropractic & Massage no later than Monday, October 12th

### **COST: \$ 45**

Must pre-register to secure a spot, limited spaces available. Non-refundable deposit of \$15 required upon registration.

Door prizes, discount coupons, free demonstrations, and refreshments will be provided



## Simple Abundance Yoga

4411 N. Roan Street, Suite 23

Johnson City, TN 37615

Located in Boone's Creek

across from Boone's Creek Middle School

Phone: 423.220.0552

E-mail: [welcome@simpleabundanceyoga.com](mailto:welcome@simpleabundanceyoga.com)

[www.simpleabundanceyoga.com](http://www.simpleabundanceyoga.com)