Are you feeling stressed from the Holiday Season?

In this SEATED CHAIR class, we will explore many different ways of handling stress. We will explore different breathing techniques to calm your nervous system, and we will experience gentle ways of stretching and releasing physical tension in the body. We will also explore guided relaxation techniques and short mindful guided visualizations to bring you back to the peace and stillness you are MEANT to feel.

Tuesday, December 3, 7pm

Online Registration Opens: November 4
Out of District Online Registration Opens: November 18

Non-refundable Fee - $3.50, (Check payable to “Hillside Public Library”)
Checks Collected Outside the Program Room On The Day of Class

Hillside Public Library
155 Lakeville Rd., New Hyde Park, NY 11040
(516) 355-7850, x301, hillsidelibrary.info/events