

Shift Happens: Yoga for Women in Transition

with Elaine Torrie

Saturday, August 14

2:00 – 4:00 p.m.

Cost: \$30

(If two participants register at the same time, cost is \$25 each*)

I'm so tired, but I can't sleep.

I fly off the handle for no reason.

I'm not comfortable in my own body.

Sound familiar? Whether you are experiencing PMS, perimenopause, or menopause, changes in the body can manifest in similar ways.

Yoga can help!

During this workshop, you will learn:

- How the changes happening in the body during PMS, perimenopause and menopause affect your mind and mood.
- How to move the body, enlist the breath and allow the mind to observe (rather than resist) these transitions to improve mood and alleviate physical discomfort.

No prior Yoga experience is required to attend this workshop.

About the Instructor – Elaine Torrie

Elaine has practiced Yoga for more than 10 years and is a graduate of Balanced Yoga's teacher training program. Currently, she teaches the Yoga Foundations class at Balanced Yoga. Elaine finds yoga to be a valuable tool to assimilate and manage change.

*Two people must register together in person or over the phone at the same time

3526 N. High Street • Columbus, OH 43214 • 614.265.9642

Please visit www.balancedyoga.net for more information.