



An Ancient practice Of SelfCare and Wellness

Learn what the ancient Healers knew:

1. Simple movements to enhance lymphatic flow, stay flexible, strengthen weak muscles and joints.
2. Self massage to reduce joint and muscle pain and boost the immune system.
3. Meditation and Visualization for clear and focused thoughts.
4. Breath work to reduce stress and regulate the Autonomic Nervous system.

60-80% of visits to healthcare providers in the U.S. are related to stress.
(CIHS – Center for Integrated Health Solutions)

80% of disease is preventable According to the National Center for Health Statistics

3 Trillion dollars a year are spent on preventable illnesses

Jan 20 & 21, 12pm -1:30 pm
Jan 24, 6-7 pm

Sign up \$125.00
Sign up by Jan 10th \$100.00

Contact Vince for questions: vincesauter@gmail.com

Register at www.Millbrookyoga.com

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