

THIRDEYEGOGA

Somatic Yoga Therapy Workshop

for stress, anxiety, trauma, perimenopause, postnatal overwhelm and more

Dear Humans -

Most of us are feeling disconnected and fatigued from the daily grind of difficult situations and a history of stuffed emotions. This workshop integrates science-backed somatic tools including yoga, qigong, tai chi, reiki, breathwork & sensory system soothing techniques.

Learn how to better manage big feelings & strong sensations, so that you can reconnect with your body and be in the here and now in an easy, relaxing and playful way.

“Literally saved my body & mind”

“Extremely knowledgeable”

“Totally changed my life”

**Sat April 5th
3:30 - 4:30
421 5th Ave,
Brooklyn, NY 11215**

**\$30. Space is
limited to 15 people.
Please sign up early.**



718 865 8568

thirdeyeyogastudio.com

Over 100 five-star reviews

Based in NYC & L.A. since 2008