

RELIEVE

**STRESS &**

**ANXIETY**

WITH PILATES

Small Group Workshops Saturday, November  
**19TH AT 10AM, 11AM, NOON, AND 1PM**

Pilates and breathing exercises can help to reduce anxiety and the incidence of panic attacks in prone individuals. Not only does Pilates improve physical health and help restore emotional balance, but it also gives individuals the chance to forget and disconnect from a hectic or stressful life and unwind during practice. This November's workshop will assist you with enhancing mindfulness and helping to create a self-care routine. The workshop will aid to train the body to function as an integrated whole!

By focusing on breath, you will improve your cardiorespiratory capacity. This stimulates feel-good hormones, oxygen flow, and blood circulation. Due to its low impact nature, Pilates rarely leaves you feeling fatigued. Instead, it gives you a boost of energy!

In addition to the general benefits of using movement as a gateway to traditional meditation, this workshop will keep you multitasking both body and mind. This guarantees that you're focused on the exercises at hand rather than day to day stressors.

We are offering small group workshops (3 people maximum) to allow our instructors to provide as much individualized instruction as possible. Time slots are available on a first come, first served basis, please only register for one.

**\$20 PER PERSON**

To register, email Natalia ([npetukhova@sacng.com](mailto:npetukhova@sacng.com))

Minimum of 2 people per time slot is required for that workshop to "run". The deadline to sign up or cancel is Wednesday, November 16th by 5pm. Accounts will be charged for no-shows and late cancellations.