



A weekly group to restore re-sil-i-ence

noun \ri-'zil-yən(t)s\

the process of adapting well in the face of adversity or stress

Whether at work or in your personal life, you are presented with a unique challenge: how to meet the overwhelming needs of others without losing yourself in the process.

Through various healing modalities including gentle movement, guided imagery, and connection with others, you will:

- Learn practical, down-to-earth tools to meet your self-care needs in ways that decrease stress and amplify your sense of resiliency and hope
- Learn the art of saying “no” and how to set healthy boundaries
- Quiet your mind and body for optimum well-being and health

When: Five Fridays, October 14 – November 18 (*No group Nov. 11*)

Time: 1:00 – 2:30 pm

Where: Holistic Movement Center in beautiful Morro Bay

The group size is limited to ensure individualized attention. No prior yoga experience necessary. Please call or e-mail Elizabeth for more information.



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Elizabeth Karsh, MFT #94680 is a Licensed Marriage and Family Therapist. Her approach is informed by her background as a registered and experienced yoga instructor, Relax and Renew Restorative yoga teacher, and her training in mindfulness and breath work.