

Stress No More...!!!

Monthly classes on **Meditation - Gentle Yoga - Relationships**

2nd, 3rd and 4th Mondays 6:30 to 8.30pm

By **Suryanarayana Chennapragada**
Author of 'countingbreaths.com'

Meditation on Breathing: 2nd Monday

Learn an easy, portable and convenient meditative process. Can be done lying down, sitting, standing, walking and working. Very effective for quickly falling into deep restorative sleep. Also relieves anxiety, stress, chronic pains and more.

Gentle Yoga Stretching: 3rd Monday

Learn and practice gentle Yoga based stretching of all parts of the body, focusing on movements and sensations: fingers to shoulders, toes to hips, neck, face and eyes for a more flexible body. Sit on the floor or the chair. End with lying and meditating on breathing for deep relaxation. Practice at home in 10 minutes. Bring a Yoga mat or quilt and a pillow.

Stressful Relationships: 4th Monday

"You can't change others. You can change your responses to them."

Is anyone treating you unfairly and you feel helpless? Do you blame yourself for an unhappy relationship? You are not alone! Stop yielding helplessly or picking up a fight with people who belittle, blackmail, act irrationally or lie habitually. Learn and practice powerful techniques to become assertive. We discuss techniques, share experiences, and role play to eliminate the stress. *You may be surprised to see the 'others' change!*

Cost: \$12 for each class. \$30 for any 3 classes.

Reservation needed to confirm the class and reserve your space.

Venture Inward

568 Columbia Turnpike (Rts 9&20), #16 VanDenHouten Square (back entrance),
East Greenbush NY 12061. Only 7 minutes from Albany!

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Call #518 477-6566 or Email: venturein@yahoo.com