

# You can Relax and De-Stress

## Monthly classes

### 'Meditation on Breathing'

by Suryanarayana Chennapragada

[www.countingbreaths.com](http://www.countingbreaths.com)

Practice different modes of "Meditation on Breathing". Make it a part of daily life from waking to falling asleep at night.

Gain relief from Insomnia, Anxiety, Chronic pain, Compulsive thoughts, Lack of focus, Depression, Grief, Panic attacks, Anger, Hypertension, Difficult relationships and more.

Past participants at Venture Inward said

"Wonderful portable relaxation technique to detach from daily stresses."

"Easy to share with my clients, family & friends. I can use it in stressful meetings as well!"

**Monday, February 13** (& Every Second Monday)

6.30 to 8.30 pm      Reservations essential

**Cost: \$12**



Venture Inward

568 Columbia Turnpike (Rts 9&20) #16 VanDenHouten Square (back entrance)

East Greenbush NY 12061 (Only 7 minutes from downtown Albany!)

**Visit:** <http://VentureInwardCenter.com> **Facebook** - <http://facebook.com/VentureInward>

**Call: 518 477-6566**

**Email: [venturein@yahoo.com](mailto:venturein@yahoo.com)**

