



Open Sky Yoga

presents

Yoga for
Caregivers

Healing the Healers

Deep Breathing & Relaxation, Accessible Postures

with Kinga Kondor-Hine LMHC RYT



Kinga Kondor-Hine
LMHC RYT

Sat. March 30, 2019

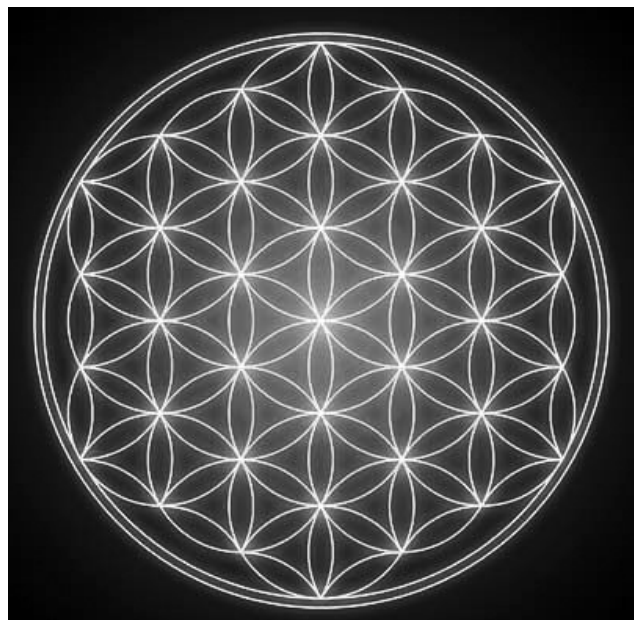
1-4 pm

If you are the primary caregiver for a loved one in the early or more advanced stages of dementia or cancer...

If you are anticipating taking on a caregiving role with a spouse, friend or aging parent...

If one of your family member or friend suffers from PTSD...

Often caregivers fail to adequately care for themselves, leading to high stress levels and fatigue. This workshop—using breath work, relaxation poses and mindfulness meditation will provide practical tools to take care of yourself so you can care for others with love and compassion.



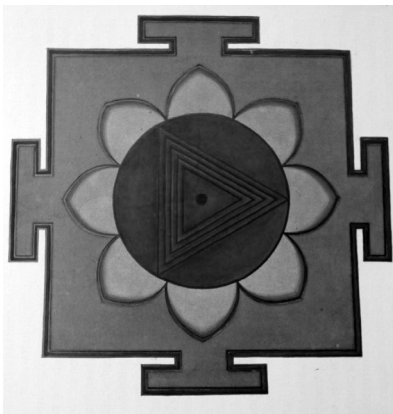
\$65

10% discount for seniors and students

www.openskyyoga.com
yogawave@rochester.rr.com

5 Arnold Pk., behind Zen Center

Send your registration (check or charge) to: **Open Sky Yoga Center, 7 Arnold Park, Rochester NY 14607**



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Enclosed is my check for \$ _____, payable to Open Sky Yoga.