

## **OPEN HOUSE & FREE TALK**

Monday, October 24, 2016 • 6:30 - 8:00 pm

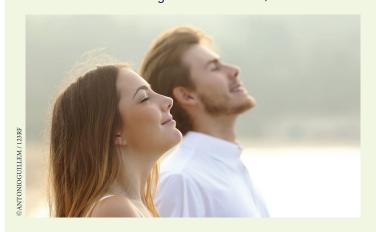
**JOIN US TO CELEBRATE OUR 16TH ANNIVERSARY** with refreshments, meet our associates, tour our center and enjoy this free talk! All attendees receive \$25 gift certificate towards any service at Insight.

#### Be empowered with these amazing tools! Great for parents, teachers and caregivers!

FREE INTRODUCTION TO

# Breath, Mindfulness, and Heart-Based Meditation

Presented by Michelle Martin, ED.S.



# Backed by research, these methods decrease uncomfortable feelings, and improve overall health.

Whether you experience stress, anxiety, anger, sadness, or a past trauma, these techniques work by reducing cortisol levels (the stress hormone), balancing the nervous system, and increasing coherence between the heart and brain.

- Learn three breath techniques to calm, energize and clear body and mind
- Experience three different mindfulness practices for your busy lives

#### FOR INFORMATION AND TO REGISTER:

call: 216-765-4470 or email: Felicia@insight-wellness.com www.lnsight-wellness.com

### Coming in November at Insight Learning and Wellness:

Breath, Mindfulness Training [3-week series] Mon., Nov. 7, 14, 21, 2016 - 6:30-8:30 pm Heart-Centered Yoga Open House Tues., Nov. 15, 2016 - 6:30 pm



CALL FOR A FREE CLASS!

CONFIDENCE • PERSONAL POWER • SELF CONTROL for success in school and life.

Classes directed by Michelle Martin, ED.S., licensed school psychologist and black belt.

Visit our website for more information and class schedules.

#### **ONGOING CLASSES** - FIRST CLASS IS FREE!

**Yoga for Healing and Renewal:** Thurs. 6:45 pm, Fri. 11 am Drop-in \$12 or 10-class pass for \$100

Mindfulness Meditation: Fri., 12:15 pm Drop-in \$15 or 8-class pass for \$99

Visit our **LENDING LIBRARY in suite 109!** 

Visit our website: www.insight-wellness.com