



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.insight-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

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