

Zapped to Zen

Phoenix Rising Yoga Therapy 8-Week Group

Serious Self-Care for World Changers and Caregivers

Your Stress



1 Ever feel like you have zero left to give, yet you muscle on because there's important things to be done in this world (and you're the one to make things happen!)?

You don't need to add another thing, you need space to move from Zapped to Zen, an 8-week Phoenix Rising Yoga Therapy program.

Your life will never be the same.



Your Reset



2 This 8-week Phoenix Rising Yoga Therapy group will introduce:

- research-based embodied mindfulness skills to shift from stress to calm,
- daily, reasonable commitments to creating the space you need for self-care,
- self-reflection & non-judgment for greater awareness and less shame.

**The result? Your life knows
Serious Self-care for Serious Zen.**

Your Life In Balance



3 • Grow your capacity to be at peace with life and build your **resiliency** to the moments that rock your zen.

• Choose and commit to **feel calm in chaos, sleep & eat better, and improve your focus** so you can **get more done**.

• Refocus your life vision by discovering what's important & **have the energy to CREATE it!**

• Use your program tool-kit for life.

Remember Your Inner Zen!

Dates: January 25, 2016 – March 15, 2017

Days: Thursdays

Times: 10:45am-12:45pm

Fee:* \$500 **

Location: The Healing Space
217 Wyoming Avenue
Wyoming, OH 45215

Participants will also experience a one-day group retreat. This retreat day will take place on Sunday, February 18. Complete details will be provided to each registered group participant.

**Register before December 25 & use code ZEN75 to pay only \$425!*

Register before January 4 & use code ZEN50 to pay only \$450!

***Call for scholarships for healthcare providers & those with financial need.*

Register NOW at

www.spiritedgrowth.com/zappedtozen

Inquiries? renee@spiritedgrowth.com or call 513.289.6759