

**FREE SEMINAR:
YOGA AS A HEALING PATH**

September 6, 2016

Wellness First, 3861 N. First Avenue, Tucson AZ

6:00–7:00 p.m.

*Presented by: Melaney Seacat, MA, Registered Yoga Teacher and
Yoga Therapist dedicated to teaching Yoga tools for self-healing*

***Come learn about the potential for people of any age, health condition or
fitness level to access Yoga as a healing path!***

Yoga can be more than a form of gentle gymnastics or “pretzel postures.” The open secret of Yoga is that it can serve as a therapeutic and complimentary system of health care. Yoga includes a variety of techniques that, when appropriately applied and adapted, can help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality and improve attitude.

This seminar will provide an overview and interactive demonstrations of the principles and tools of Yoga as a self-empowering healing path encompassing not just postures for the body, but powerful breathing techniques and other meditative-based practices that affect all levels of the human system.

Information on the upcoming ***Introduction to Healing Yoga four-week class series starting Thursday September 8, 2016*** from 5-6 pm, will also be provided at the seminar or can be obtained online at www.3861WellnessFirst.com or by contacting ***Melaney Seacat 205-1106/melaneyseacat@mac.com***