



Relax | Rejuvenate | Refresh

# Manage Stress and Anxiety with Relaxation and Awareness Groups

Led by Marina Lisjonok (MSW, ERYT-500)

## Group focus:

- Learn to identify and gain tools to manage anxiety triggers in daily life
- Be guided through yogic practices, spiritual principles, and mindfulness techniques.
- Experience relaxation, breath-work, movement, and meditation aimed to heal your nervous system and to reduce anxiety levels.

Starting early 2018  
Small Group Size! Space is Limited!  
Mondays 6 pm – 7:15 pm  
Glen Ellyn, IL  
\$40 per each session



Marina holds a Master's degree in Social work and degrees in Psychology and Nursing. She has 13 years of experience working in mental health field and conducting individual and group therapy sessions. She is also a certified yoga teacher and has been teaching yoga since 2005.

For groups information and registration visit [life-care-wellness.com](http://life-care-wellness.com)  
call (630) 423-5935