



Laughing Goat Yoga Studio & Expedition Inner Wisdom Inc.  
*present*

## A Stress Relief Workshop

Try out and collect a variety of user-friendly, mindfulness tools and techniques - good for overall wellness and for the relief of symptoms from stress, anxiety, and depression. Ideal for personal wellness as well as parents or caregivers of students or clients who could benefit from these techniques that can be added to one's toolbox and shared.

**Saturday, March 23, 2019**

**10 a.m. to 12 noon**

**\$40.00**

Your facilitator, Linda Weir, is a registered and certified yoga instructor with a Masters in Education, over 30 years of experience in education including her work on the school board's Tragic Events Response Team. Her lifelong learning includes multiple courses in mindful meditation both in Canada and the United States. Allow her friendly and informed seminar empower you!

Call 519-868-3016 to register.