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Talk: Understanding Self-Hypnosis for Well-being

Wed, Apr 15, 1pm

Self-hypnosis is a means of learning to focus yourself and motivate yourself. It helps you be more self-aware and make the best use of your innate skills. Learn more about the hows and whys in this informative free talk.

Workshop: Better Balance Through Guided Meditation and Self-Hypnosis (\$75 value)

Wed, Apr 15, 1:30pm

REGISTRATION REQUIRED:

Y MEMBERS: \$10/COMMUNITY: \$20

Balance can be a concern for many of us as we age. Let the power of positivity help you regain your confidence in this guided meditation and self-hypnosis. Bring a camp chair (with arms, if possible) and blanket.

Talk: The Power of Positivity: Good Vibes, Better Health

Mon, Apr 20, 11am and 7pm

Sydney Amicucci had a stroke at age 36. She's now in her 70s and living her best life! Hear how holistic measures like meditation and positive thinking have improved her life and her health.

Talk is free and open to the public.

Workshop: Guided Meditation and Sound Bowls

Mon, Apr 20, 12:30pm and 7:45pm

REGISTRATION REQUIRED:

Y MEMBERS: \$10/COMMUNITY: \$20

Experience stress relief and deep relaxation in this group workshop. Bring a blanket and bring your own yoga mat (or use one of ours).