



# Restoring re-sil-i-ence

*noun* \ri-'zil-yən(t)s\  
the process of adapting well in the face of adversity or stress

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Whether at work or in your personal life, you are presented with a unique challenge: how to meet the overwhelming needs of others without losing yourself in the process.

Through various healing modalities including gentle yoga, guided imagery, and connection with others, you will:

- Learn practical, down-to-earth tools to meet your self-care needs
- Learn to decrease stress and amplify your sense of resiliency
- Quiet your mind and body for optimum well-being and health

**When:** Next 8 week series begins in January 2018

**Time:** TBA

**Where:** San Luis Obispo

**Cost:** \$40 per session

**No prior yoga experience necessary. Please call or e mail for additional information and to register.**



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I am a Licensed Marriage and Family Therapist. My approach is informed by my background in mindfulness and breath work and additional training as an E-RYT yoga teacher and Relax and Renew Restorative yoga trainer.