

DEEP RELAXATION AND MINDFULNESS TRAINING SATURDAY, OCTOBER 3, 2009 2-4 PM



Come and learn some easy, practical stress-management tools to help you get through each day in a more relaxed state.

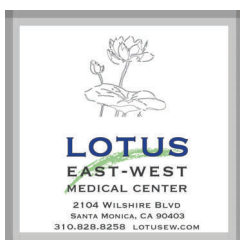
- Understand the symptoms of stress and how to change them
- Learn a basic mindful relaxation exercise to quiet mind/body
- Practice simple mindfulness tools which allow you to quiet the mind and be more in the moment

Please come dressed in comfortable clothes. Bring a blanket or yoga mat.

**Location: Aanand Saagar, A Wellness Sanctuary
606 Venice Blvd, #H, Venice, CA 90291**

Fee: \$25.00

To reserve your space, please call Lotus East-West Medical Center
at 310-828-8258



Deborah Anderson, Ph.D., RYT is a licensed psychologist and registered yoga teacher with expertise in mind-body medicine. She uses a variety of mind-body techniques (e.g., relaxation and mindfulness training, hypnosis) to promote healing, symptom reduction, and overall well-being. In 2006, she became a yoga teacher to further her knowledge of mind-body healing, and she teaches yoga and meditation classes (including prenatal yoga). Her combined knowledge of psychology and yoga creates a unique perspective with which to approach clients in both practices. For more information, please call 818-235-2158 or visit www.drdeborahanderson.com, www.mindfulbeing.net and www.lotusew.com.

