

BREATH BODY AND MIND:

A Workshop for Reducing Stress, Anxiety and Pain

Explore the connections between breathing patterns and stress, tension, pain and anxiety. This interactive workshop will lead you through understanding how the breath and body are linked and how tapping into your breath with positive intention helps to nourish relaxation, cultivate mindful awareness and create a more joyful life.

Bonnie Berk, MS, RN, HNB-BC, ERYT

Board Certified Holistic Nurse

2015 recipient of “Professional of the Year” award from Partnership for Better health.

Katarzyna Ferraro MD ABIM, FACEP

Holistic Medicine Practitioner

Owner of the Center for Holistic Medicine

When: September 22, 2015 from 6:30-8:30 pm

Where: Center For Holistic Medicine

9 Brookwood Ave. Carlisle, Pa 17015

Cost \$35

RSVP: 717-243-0616 Seats are limited to 10 to allow for attendee participation in therapeutic modalities.

