

# **Stress Release Made Easy An Evening of Fun to Share**

Release your tension with joy and ease at this hands on workshop and trade show. Tips and tools to release the body, mind and spirit are shared by local instructors and groups in your community.

## **“Top 10 Stress Release Tools to use at Home”**

Touch for Health & Qi YINtegration  
Michelle Greenwell

## **“Still the mind with Simple movements”**

Tai Chi Cape Breton

## **“Open the flow of energy from head to toe”**

Therapeutic Touch Practice Group Port Hawkesbury

## **“Inspire your Health”**

“Heartlady” Inspiration & Tannat Meditation  
Tanya Levy

## **“Decrease Stress through raising your Frequency”**

Sound Massage, Specialized Kinesiology & Tannat Meditation  
Natascha Polomski

**When: Wednesday, Mar 8 – 6:30 – 9:30 pm**

**Where: Judique Community Center**

*6:30 - 7:00 pm Opening Trade show,  
7:00 - 8:30 Tips and Tools Sharing Session,  
8:30 - 9:30 Trade show.*

\$15 incl. HST

Bring a friend and come together for only \$25.

**Handouts provided**