

STRESS MANAGEMENT WORKSHOP

YOGIC TOOLS TO UPLIFT YOURSELF DURING THESE TIMES

Open to anyone that has an interest in the science of yoga.

What you will learn:

- A yoga set and meditation to lower and manage stress
- Food & herbs to heal the nervous system
- Daily routines to keep stress down and vitality up
- Relaxation techniques to incorporate into your daily routine

Dr. Arjan and Deva have taught classes together and bring humor & lightness to this fun workshop. They bring their 20 years of experience each to the practice of yogic science.



Deva is an Ayurvedic Health Practitioner and a 25 year veteran of teaching Kundalini Yoga. She currently teaches a weekly yoga class at High Desert Yoga and has a detox/cleansing and Ayurvedic business in Albuquerque and Santa Fe. deva@devahealth.com



Dr. Arjan Khalsa comes from a family of Chiropractors and has been sharing her knowledge, passion, and yogic practices for healing and uplifting the body, mind and spirit for over 20 years in Northern New Mexico and beyond. drarjan@gmail.com

Saturday, October 7, 2017 2-5:30pm

\$40 plus tax (\$42.93) register by Sept. 30 • \$50 plus tax (\$53.66) after Sept. 30

www.highdesertyoga.com



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