

Learn How to Calm Body and Mind!

The Gift of Relaxation!

Teacher: Joy Anderson,
Owner Medesthai

Location:

Offered at different locations
at different psychology
offices.



Please ask your counselor
where a course is offered near
you.

For 5-weeks: \$95.00

If you have questions:

Contact Joy at 224.315.9507 or
joyjoannaa@gmail.com

To enroll:

www.medesthaichicago.com

Past courses have been popular, so we
encourage you to book your place
early to avoid missing out. A prepaid
booking is required to secure your
place. Places are filled on first-in basis,
once payment is received.

- ◆ **Do you know how to “Relax?”** Most people don't.
- ◆ **Do you know how to “Calm” your mind?** How to tame the monkey mind?
- ◆ **Stress Management.** Do you know techniques to release work and life stress? This is for every one uniquely different, which ones are yours?

With time tested stress management techniques we can learn how to relax our body and mind to recharge and focus on our possibilities.

5-Week Deep Relaxation Course

The Power of Correct Breathing

Total Body Relaxation, Rejuvenation and Body Scan

Progressive Muscle Relaxation

Creating Islands of Relaxation

Personalized Stress Management Techniques and Exercises

Don't wait come and join us!

Kindly, Joy

"I would highly recommend Joy's relaxation classes. She expertly teaches basic and advanced calming techniques that positively impact physical and mental health. The classes are life changing and appropriate for all." Debra Kowalczyk, M.A. LCPC

"This course made a big impact on my life! I learned how to handle stress on a healthy, positive way. Even my family is grateful for Joy. Thank you, Joy!" Chris P., AH

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