

4 WEEK CORE SKILLS COURSE

WITH YOGA THERAPIST KATE MOYER

WEEK 1: THE MIND-BODY CONNECTION

WEEK 2: THE POWER OF MINDFULNESS

WEEK 3: THE STRESS RESPONSE
AND HOW TO RESPOND

WEEK 4: FINDING RELIEF THROUGH
SELF-COMPASSION

**Wed. eve at 7 on Mar. 14&21, April 4&11 OR
Thurs. at noon on Mar. 15&22, April 5&12**

\$60 FOR THE FULL COURSE

\$20 DROP IN FEE PER CLASS

SIGN UP WWW.ABCSOFHAPPY.COM

UNDER 'WORK WITH KATE' TAB

YOGABYKATE@GMAIL.COM WITH QUESTIONS