

SMALL TOWN COUNSELING CA, INC. PRESENTS

Yoga for Stress Relief



WITH **VERONICA TOVAR**
LICENSED CLINICAL SOCIAL WORKER &
REGISTERED YOGA TEACHER 200

SCHEDULE A **PRIVATE** GROUP
WORKSHOP FOR YOUR
ORGANIZATION TODAY!



Gather your team and Join Veronica in breathing techniques and yoga postures that stimulate and deactivate the nervous system in a way that increase self-regulation and decrease stress in the body and mind.

*Available at your location with an additional fee



Contact info@smalltowncounselingca.com or (209) 968-1707 for Rates