

## RELAXED LIVING – Personal freedom

The beauty of stress is that it is created from within, by our expectations and our disappointments.

This means that we have the power in each and every moment to transform our lives into experiences of deep and abiding relaxation, by simply changing how we think.



## RELAXED LIVING

The Relaxed Living course teaches you how to use your body and mind to become more receptive to life, increasing your ability to live without feeling “stressed” or tense. Ayurveda, the ancient traditional medicine of India, and Yoga, its sister science of integral psychology, provide the philosophical foundation.

Practices include, but are not limited to:

- Breath work
- Focus on the body in movement
- Focus on the body in stillness
- Meditation
- Guided imagery
- Vocalization
- Deep relaxation
- Deep listening

## WHEN & WHERE

The course is available at various times and locations throughout the year – Brattleboro, Putney, Townshend, Bellows Falls, Springfield. Other locations can be made available upon request.

## WHO

Dr. Ani Hawkinson PhD ND, a licensed physician, Ayurvedic consultant, yoga teacher and therapist, teaches the course.

## FEES & REQUIREMENTS

This course is free. No prior experience or particular physical aptitude is required. Each class is individualized to meet the needs of attendees.

To learn more, contact:



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