



## **Breathing Techniques & Meditation to Reduce Stress**

Days: Thursdays – beginning September 6, 2018

Time: 10:30 to 11:30

Place: Van Tassell House

Instructor: Manjula Khanna

Cost : FREE

Deep Breathing and Guided Meditation techniques are designed to promote relaxation, build internal energy or life force (qi, ki, prana etc.). Deep breathing and meditation are an internal effort to self-regulate the mind in some way. Meditation is often used to clear the mind and ease many health concerns, such as high blood pressure, depression, and anxiety, thus reducing stress.

**Town of Somers, Van Tassell House**

**Barbara Taberer-232-0807**

