



The holidays can be a busy + stressful time of year. You may not be able to change that, but you can learn to support yourself better through times of stress.

Join yoga instructor, Kazimira, and holistic nutritionist, Arja, for a workshop where we will explore nutrition + lifestyle strategies to help you manage your stress better, as well as learn how restorative yoga can help balance the mind + spirit through a guided practice.

During this 2hr workshop Kaz & Arja will help you:

- Eat and choose supplements that will help your body manage its response to stress
- Get a restful night of sleep
- See how restorative yoga can help reduce stress by bringing the body back into a natural state of balance
- Feed and nourish your adrenal gland, which secretes your stress hormones, to prevent adrenal exhaustion during periods of prolonged stress
- Learn therapeutic poses & self-care techniques to take the strain off the sympathetic nervous system, and shift the body's focus to the parasympathetic system.

Restorative Yoga uses gentle postures to both stimulate and relax the body. It provides the space and tools to connect mindfully with your body, which allows you to return to a place of deep rest and healing.

Holistic Nutrition isn't just about choosing to eat healthy foods. It recognizes that the body operates as a whole system, and that wellness can only be achieved if we pay attention to both the body and the mind.

When? Wednesday, December 16th 7-9pm

Cost? \$39 (+HST) per person

Where? Mind & Body Integrated Medicine
2921 Lakeshore Blvd West

Space is limited, don't miss out!

Register now to reserve your spot:

arja@balancebodyandsoul.com 416-420-5675



I'm a holistic nutritionist & mama to a busy kindergartner with a passion for teaching people how to eat to feel good! I love to help people sleep better, think better, feel sexier and more balanced by putting the focus on eating foods that make you feel your best. I use whole foods, lifestyle adjustments, herbs, and some supplements to help people correct imbalances and achieve their health and wellness goals. www.balancebodyandsoul.com



As a certified Restorative Yoga instructor, my focus is on creating a space for deep relaxation and healing. I use therapeutic postures and self-care tools, to allow students to center and connect with themselves, ease stresses and find a place of profound relaxation and balance. A resident of South Etobicoke and a mother of two school-aged children, I encourage students of all ages to explore the restorative benefits of this self care practice.