

Henry County Alumnae Chapter of
Delta Sigma Theta Sorority, Inc
Presents

"MINDLESS BEHAVIOR"



Yoga Instruction will be provided by
"Yoga On The Move"
www.yogaonthemove.net
www.facebook.com/yogaonthemove
For more information visit
www.hcacadst.org

Date: February 4, 2012

Time: 11am-1pm

Location: Ted Strickland Community Center
130 Berry Street
Stockbridge, Georgia 30281

Are you **STRESSED** from Holiday Shopping, Work, Home, or School?

Do you need to **RELAX** your mind to get your **FOCUS** back for the new year?

Join us as we present to you our **MINDLESS BEHAVIOR** Workshop where you will learn body awareness, meditation, stress causes, and stress relief practices.

Please bring yoga mat and comfortable clothes.

Yoga mats can be rented for \$2.
Limited Supply. Per the instructor.