



Stress Less

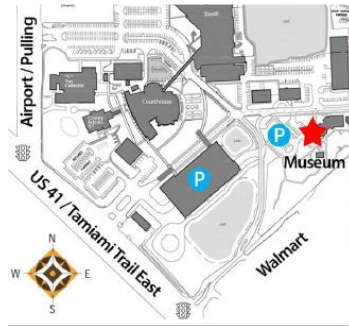
Stress Reduction Techniques Workshop

MAY 3rd, 2025

Registration: 9:30 am

Workshop: 10 am to 11:30 am

**AT COLLIER MUSEUM
GOVERNMENT CENTER
3331 Tamiami Trail East, Naples**



with Yoga Shrink
Dr, Christen Scott

www.yogashrink.com

with over 20 yrs of health and wellness experience in her private psychotherapy practice & her yoga studio in South Florida. She is a 500 level experienced yoga teacher with Yoga Alliance, a meditation & mindfulness teacher as well as a Multidimensional Healer.



**FREE – DONATION ACCEPTED
AT REGISTRATION**

**REGISTRATION REQUIRED AT
PJONES@MHASWFL.ORG**

**DECREASE NEGATIVE
REACTIONS TO STRESS &
INCREASE HAPPINESS!**

**LEARN BREATHING
TECHNIQUES,
MINDFULNESS
EXERCISES & OTHER
MINDSET SHIFTS TO
ACTIVATE MORE PEACE
IN YOUR LIFE!**

**BRING A MAT OR
TOWEL TO SIT ON**



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