

STATE OF GRACE WELLNESS
RE-WIRING THE ANXIOUS BRAIN
ENTER THE CHILL ZONE

Stress and Anxiety are at an all-time high in our culture. Chronic levels can cause numerous emotional and physiological problems. We cannot change our environment, but we can change how we perceive and how we cope.

The State of Grace “Enter The Chill Zone: Re-Wiring the Anxious Brain” offers a 6-Week compact and effective program combining yoga, guided meditation, cognitive skills, and your own “tool kit” that you can use and share with other “stressed out” people.

**The State of Grace “Entering the CHILL Zone” Program
includes the following:**

- Understanding your brain
- Specific breath patterns and techniques to quiet the mind
- Hatha Yoga and Self-Acupressure Techniques
- Kundalini Yoga sets that focus on the quieting the central nervous system
- Guided Meditations
- Creative Arts that assist in quieting the mind
- Each participant will create their own unique “CHILL Zone toolkit”

Participation in the Stress and Anxiety Program is not a substitute for medical or psychological treatment.



State of Grace Yoga and Wellness
104 E. Hartford Ave Uxbridge, MA 01569
www.StateofGraceWellness.com PH: 508.278.2818



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Sherri Snyder-Roche, MA, LMHC

Sherri Snyder-Roche is a licensed mental health counselor with over 30 years of clinical experience. She has worked in a variety of settings with children, adolescents and adults. Over the years, she saw the increase in anxiety and stress in her clients noticing the impact on children, teens and adults. After acquiring training in Pediatric Yoga, She began using breath work and some yoga with kids and adults and found it incredibly helpful. In 2014, Sherri produced a children's CD "Calming Young Minds" that integrates active relaxation, meditation, and yoga. Sherri also completed the Kundalini Yoga Teacher Training Program as well as 3 Levels of Art and Yoga training. Sherri has found that a combination of cognitive skills, yoga, meditation and creative expression have been effective tools in decreasing anxiety. Sherri brings a sense of humor and peace to her workshops.

Lori Maher, Asian Bodywork Therapist, Reiki Master, Registered Yoga Teacher

Lori Maher graduated from Acupressure Therapy Institute in 2004 which began her journey into alternative health. Since then she has completed training and certification in Reiki, Asian Bodywork Therapy, and Integrative Yoga Therapy. She is fascinated with the ability of the body to heal itself. Lori specializes in pain relief and pain management, digestive issues, anxiety and depression, trauma related symptoms, and fatigue. Lori also created her own yoga style that integrates Chinese medicine and therapeutic yoga principles. Lori bring tools from these perspectives to the Anxiety Reduction Program. Lori brings light and radiance to every class and workshop.



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