Healing Yoga

Where serenity and hope begin to grow ...

There is plenty of medical research that supports the health benefits of yoga. From lowering blood pressure to relieving muscle pain, the physical benefits are numerous. Did you know that yoga offers positive mental health benefits, too?

When stress, depression or anxiety take root in your life, you may find it difficult to concentrate, relax or remain calm. That's when healing yoga through Serenity's Wellness Center can help. Healing yoga incorporates mind and body practices including physical poses, controlled breathing and short periods of deep relaxation guided by a trained yoga practitioner.

Serenity's **Wellness Center**

635 Park Meadow Road, Suite 107
Westerville, Ohio 43081
(614) 802-7651

Healing yoga helps by:

- Slowing down the body's natural fight or flight response
- Boosting your self confidence and feelings of self worth
- Relieving symptoms of depression, ADHD and trauma
- Providing natural anxiety relief

" a positive and safe space to connect with your body and mind "

When combined with individual counseling, yoga provides another way to aid in your recovery and peace of mind. Yoga offers a positive and safe space to connect with your body and mind. Classes are offered at Serenity's Wellness Center in Westerville. Talk with your clinician to learn more.

Healing Yoga 90 minute group $20 per session

To learn more or view class schedules, call (614) 802-7651 or visit **serenity-bhs.org**.

Serenity's Wellness Center