

Group Fitness

Time To Relax!

4 week series
Mondays 5:30-6:30pm
Studio B

Members \$60 Non-members \$140

Join us as we practice the art of Conscious Breathing, with the element of visualization using guided imagery. We will learn important skills and apply them to every day challenges. In exploring this powerful combination, it will facilitate...

- reduction of chronic pain and symptoms
- stress management & lowering blood pressure
- dealing with sleep issues
- overcoming negativity or fear
- finding inner peace, self-love, and a deeper connection with yourself and others

Give yourself the gift of expanded awareness in 2011. Join us as we learn how to use conscious breathing with visualization and guided imagery to improve the quality of life. By using your own natural abilities you can discover that everything you seek is within you. Come learn the tools to distress your busy life.

Dates of Sessions

January 10, 17, 24, 30

March 7, 14, 21, 28

February 7, 14, 21, 28

April 4, 11, 25, May 9



Instructor:

Stephanie Torres

is a Wellness Specialist passionate about bringing holistic health into everyday life. She is a state certified Hypnotherapist, Massage Therapist and Personal Trainer at the JCC. Stephanie has also recently completed a two year Energy Medicine Program through the Luminous Body Energy Medicine School.



Levy Family Campus
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Registration Information

To register, please fill out a program registration form and submit it to the Service Desk.

For more information:

Contact Stephanie Torres at
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