



**group**

**fitness**

***The Art  
of Conscious Breathing  
and Visualization***

**Mondays September 13th–September 27th  
5:30-6:30pm  
Studio B**

**Members \$45 Non-members \$90**

**Drop in Members \$20 per class; Non-members \$40 per class**



**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.

In this beginning level of Conscious Breathing, we will be adding 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
- creating a new vision for your life, career, family, or health
- 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 2010. 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 unlock your dreams!

**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 [stephanieserina@gmail.com](mailto:stephanieserina@gmail.com) or 408.656.2392



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