

ONE DEEP BREATH

When:

Every Wednesday for six weeks
3:30-4:30pm, Feb. 10-March 16

Led by:

Suzannah Sabin, RN, BSN, NC-BC,
Board Certified Integrative Nurse Coach

Nancy McCormack, BS, LMT, RYT,
Certified Yoga Instructor
Licensed Massage Therapist

Location:

Yoga Soul
64 Princeton Hightstown Rd
Princeton Junction, NJ 08550
609-799-4791

Registrations:

For more information and to
register, please contact Suzannah
at info@suzannahsabin.com or
609-933-8540

Cost:

\$140.00 for 6 week program



This six week program for girls grade 9-12 is designed to introduce and practice empowering self-care skills for everyday life.

Over the course of six Wednesdays, we will explore new ways of experiencing the body through yoga postures and breathing techniques. We will cultivate self-awareness as we invite new possibilities for finding your deepest strengths.

***Wednesdays at Yoga Soul,
Princeton Junction
February 10-March 16***

With the support of an ongoing group, we will apply the techniques of yoga, breathing, guided imagery, aromatherapy and self-reflection, to expand your inner capacity to meet outer life challenges in healthy ways.

- Yoga postures
- Breathing techniques
- Individual and group exercises
- Guided imagery and meditations
- Aromatherapy



www.suzannahsabin.com

Come join us in this vitalizing experience!