

The Relaxation Response

A New Class with Dr. Janeen Paul

When we experience stress, the body reacts with the fight or flight response in order to cope. But when stress is chronic, the body is unable to resume a natural balance. We can learn how to return to this state using simple techniques such as yoga, breathing and meditation. Join Dr. Janeen Paul for an hour of soothing practices designed to trigger the relaxation response. You will receive handouts and a CD for your continued home practice.

No previous yoga or meditation experience is necessary. Please dress comfortably to facilitate ease of movement and encourage deep relaxation.

Class size will be limited to 8 people. Please call 847-918-8282 ext. 0 to reserve your spot today.

When: Monday, September 29, 5:30 - 6:30 pm

Or Monday, October 20, 5:30 - 6:30 pm

Or Monday, November 10, 5:30 - 6:30 pm

Where: PRA Vernon Hills Office

Cost: \$30. Fee will reserve your spot in class, and is non-refundable.

*Please note, classes are intended for relaxation purposes, not medical treatment, and are not covered by insurance. You do not have to be a patient with Dr. Paul or PRA to join class, and participation does not imply a treatment relationship.