

Happy, Healthy Bellies Workshop

Back by popular demand!

Saturday, May 31st, 1-4 p.m.

**Mercy Center for Integrative Medicine & Wellness
3930 Sunforest Court (off Sylvania Ave.)**

Our sense of ease is challenged as we literally internalize stress and protect our vulnerable “insides”. This dis-ease can manifest as physical symptoms and also as blocks interfering with the manifestation of our creative urges. Learn yoga poses, breathing and other special techniques that facilitate the balanced functioning of internal organs and relieve uncomfortable symptoms associated with common bloating, constipation, Irritable Bowel Syndrome and other, more subtle, issues of the belly.

***Register now with Jenn McCullough
\$40 by May 17 \$50 after May 17***

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