

GSO and Sigma Theta Tau present

FREE YOGA WORKSHOP



This workshop introduces participants to some of the profound insights in neurobiology, provides exercises to integrate them into their practice, and offers suggestions on applying them into daily life. Via the breath, stillness, focusing techniques, asana, visualization, journaling, and metaphorical language, we explore the subtle realms of perception, memory, imagination, emotion, and interpersonal communication. This workshop provides a special emphasis for health care providers: nurses, doctors, and social workers for application in their own lives as well as those of their patients.

**Tuesday, November 17th
10:30am-12pm
Sport & Fitness Center
828 S. Wolcott
(Across from CON)**

**ONLY 20 SPOTS AVAILABLE!
RSVP to JBAXTE2@uic.edu**