

low commitment high impact workshop

THOUSAND WAVES MARTIAL ARTS & SELF-DEFENSE CENTER

## Stress Management and Wellness Workshop

Build Energy Through:

- Basic meditation techniques
- Simple stretching exercises
- Playful interactive activities

Saturday, March 10th, 2012, 1:00p-4:00p

\$40 (*scholarship assistance available*)

Register by phone: 773.472.7663

or online: [www.thousandwaves.org](http://www.thousandwaves.org)

1220 W. Belmont Avenue, Chicago



find  
balance