



## **Holiday Presence in the Season of Giving Complimentary Workshop**

Beck Center • 800 Telluride St.

303.739.6891 • [AuroraGov.org/Recreation](http://AuroraGov.org/Recreation)

Presented by Jan Lafleur, Yoga Instructor & CranioSacral Therapy Practitioner, this workshop will offer mindfulness & restorative tools to help ease stress & promote balance during the busy holiday season.

Before the hustle & bustle of the holiday season begins, make time to come together & join us for an informal social gathering of mindfulness practice, gentle yoga-inspired movement, reflection, fellowship, & celebration. (Coffee & snacks will be served)

**Wed., Nov. 1, 10:45 -11:45 a.m.**

