

Managing your Stress and Anxiety Now

August 18th 10 am -12 pm

Anya Syrkin and Don Berlyn

Columbus Herbs and Acupuncture
3620 N. High St. 43214

Please pre-register by 8/14/24

Fee \$29

614.804.0614 or qiworker@gmail.com



Anya will present:

1. Easy Qi gong exercises (Chinese health promotion exercises similar to Tai Chi) for stress reduction and better sleep.
2. Flower essences for anxiety, depression and circular thinking.
3. Cultivating life enhancing life-style in these uncertain times.

Don will present:

1. The functions of the conscious and subconscious in creating and relieving stress and anxiety.
2. How to determine their levels of stress in the moment.
3. Simple, effective, fast methods to manage stress and anxiety. The techniques are so easy to learn and use; they can be taught to others in participant's life.
4. These techniques utilize mental focus, breathing, awareness of the senses, use of affirmations and visualization.