

URBAN ZEN

Integrative Therapy

ONLINE

LEARN AND EXPERIENCE VARIOUS TECHNIQUES TO HELP
MANAGE ANXIETY, EXHAUSTION, INSOMNIA & PAIN



**TAKE CARE
OF YOURSELF**



RELAX



FEEL BETTER

You will be guided through gentle mindful movements, restorative postures, body awareness meditation and breath observation to address symptoms of everyday life all from the comfort of your own home! Learn helpful tips to incorporate in your daily self-care routine via Zoom livestream.

MONDAY through THURSDAY

30 Minute Sessions
via Zoom

- 1** Visit the **CCS Wellness Website: ccsoh.us/wellness**. Click on the Urban Zen Integrative Therapy tab under Programs to view full class schedule with dates and times. **NOTE:** *class times may be subject to change.*
- 2** Click on the **Zoom Link** under the Announcements section to livestream the Urban Zen class. The Zoom link may be accessed from your computer or mobile device.
- 3** **Get comfy.** Participants should wear loose-fitting, comfortable clothing. We suggest that you use a mat, blankets and pillows for the session. You may use an essential oil of your choice to enhance the class experience!