



URBAN ZEN ONLINE

Take care of yourself, relax and feel better. Start feeling the health benefits of incorporating 30-minute Urban Zen classes into your daily self care routine. You will be guided through gentle mindful movements, restorative postures, body awareness and breath observations to address the symptoms of everyday life.

Learn helpful tips to help manage anxiety, exhaustion, insomnia and pain.

1

Visit the CCS Wellness Website: ccsoh.us/wellness. Click on the Urban Zen Integrative Therapy tab under Current Wellness Programs to view a full class schedule with dates and times. **NOTE:** class times may be subject to change.

2

Click on the Zoom Link to live stream the Urban Zen class you wish to join. Urban Zen Online classes may be accessed from your computer or a mobile device.

3

Get cozy. 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!