

STRESS REDUCTION FOR THE EVERYDAY WOMAN ON THE GO

WWW.SUSANGRAYWELLNESS.COM

NEED A BREAK FROM YOUR DAILY JUGGLING ACT?

DON'T KNOW HOW TO SLOW DOWN?

Navigating work, family and finances, all while caring for children and aging parents is stressful. If this sounds familiar, you are not alone. Together we will create a unique awareness program especially designed to fit your busy lifestyle.

By finding peace of mind and calm you will create more internal space and experience longer breaths. Mind chatter slows and stillness arises. Next thing you know... you are in the present moment.

ISN'T IT TIME FOR YOU?

Contact **Susan Gray**, RCST, at 773-710-9219 to arrange for your personalized stress reduction program today.



This small group experience allows you to draw your attention inward and explore various relaxation techniques including:

Breathing

Discover your most powerful relaxation tool

Guided Imagery

Create your special place you can visit 24/7

Progressive Relaxation

Learn simple head to toe relaxation techniques

Meditation

We explore 6 ways to soften your mind and sharpen your senses