

New  
Castle  
County

NAMI ENGAGE  
COMMUNITY-FOCUSED EDUCATIONAL EVENTS

# YOGA FOR EMOTIONAL SUPPORT: AN INTRODUCTION

Christine Shaw, founder of Yoga for Emotional Support, will share her story of hope, happiness and strength while living with difficult stressful life events and emotions. You will learn tools and techniques to focus on your own well being and to aid in cleansing your mind and body of toxic thoughts, feelings and emotions. De-stress from life's pressures through gentle and restorative yoga postures (seated), mindful breathing, meditation, essential oils, positive self-talk, energy exercises and more! No prior yoga experience is needed.

**THURSDAY, SEPTEMBER 27, 2018**

**6:00PM - 7:00PM**

**St. Philip's Lutheran Church**

**5320 Limestone Road**

**Wilmington, DE 19808**

**Free to attend, light refreshments, registration encouraged:**

Online: [www.namidelaware.org/events](http://www.namidelaware.org/events)

Email or Phone: [events@namide.org](mailto:events@namide.org) or 302-427-0787 (Development)