

Stress Less this Holiday Season
Body-Brain Balance with Laura Donnelly
Take care of yourself while
Fund and Food Raising for the Flint Hills Breadbasket!

Sunday, Nov. 11, 2018

2:00-3:30 p.m.

Manhattan Arts Center – 1520 Poyntz Ave. Manhattan, KS

Admission – please bring an item for the Flint Hills Breadbasket. You may also make a cash or check donation for the Breadbasket (details below)

This short Body-Brain Balance workshop will teach you a quick and easy tool you can use to reduce stress and excess tension.

You'll learn

- to identify the difference between tensing and easing in your body
- why this is important for stress reduction
- a simple exercise you can do any time you're feeling stressed or tense

You'll leave the workshop

- ***Feeling*** both **invigorated** and **relaxed**
- Knowing how to return to a more **balanced and calm** state any time you're stressed or fatigued

Based on the principles of the Alexander Technique the Body-Brain Balance Method developed by Laura Donnelly is a simple yet powerful process for reducing tension, and feeling freer and happier.

Laura has been teaching the Alexander Technique privately, in community classes, and at the university level since 1992. She also teaches online. More information about Laura and **Dancing with Ease – Body-Brain Balance** is available at <https://dancingwithease.com>

Flint Hills Breadbasket Holiday Needs

canned evaporated milk, canned sweet potatoes/yams, boxed stuffing, canned pumpkin, boxed instant potatoes, and canned cranberry sauce.

They also need granola bars for children in need at the public schools

Please consider donating to the Flint Hills Breadbasket (donation box in the MAC Lobby) even if you're not able to attend the workshop!