

## ABOLISH ANXIETY WORKSHOP

The definition of abolish is to formally put an end to something. If you are like millions of Americans who suffer with anxiety, you surely would like to put an end to your daily struggle with anxious thoughts but may feel powerless to do so. Have you achieved some relief but still have more anxiety than you are comfortable with? Are you tired of people telling you that you need to learn to relax? Do you sometimes worry that you are losing your mind? Are you weary of trying one medicine after another and still feeling anxious? Have you ever called out sick from work on one of the "bad" days? Have you started to self-medicate to slow down your mind? Do you want to enjoy time with friends and family and be mentally present for them (not just physically there with racing thoughts distracting you)? Do you yearn for the peace of a quiet mind? If you answered yes to any of these questions, this is the workshop for you. IT IS POSSIBLE TO ABOLISH ANXIETY and I'll show you how! Come learn what anxiety is and why it's not as scary as we are led to believe. We'll cover why it's important to get rid of anxiety now rather than later. We'll discuss why anti-anxiety medicine can be great but why you shouldn't depend solely on medicine. We'll go through a process to help you figure out specifically why YOU have anxiety. We'll look at anxiety from a variety of approaches taking the best ideas and techniques from each to develop a specific plan for you to KICK YOUR ANXIETY TO THE CURB. We'll practice the simple techniques in class so you can leave with confidence knowing that you are doing things "correctly" and are on your way to peace. No matter how long you have had anxiety and no matter how severe it is, I promise you that you can have a quiet and peaceful mind again.

Workshop is 3 hours and the price is \$45. Wear comfortable clothing and bring a yoga mat (or beach towel) and water to drink.

**YOU CAN HAVE A  
RELAXED MIND!**

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**KICK YOUR ANXIETY  
TO THE CURB  
FOREVER!**

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**REGISTER ON  
UPPER  
SOUTHAMPTON  
TOWNSHIP WEBSITE**

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**FEBRUARY 25, 2017**

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**9 AM TO NOON**

**LOKAHA YOGA**

**FOR MORE INFO...**

**CALL JENNIFER**

**215-490-3749**

**[www.LokahaYoga.yolasite.com](http://www.LokahaYoga.yolasite.com)**