

# YOGA



*Discover the Art of Living Well*

Stress Management Center at Fernview  
1115 Dunlap Road, Anderson SC 29621  
864.353.2028

# Stress Management Fernview Center <sup>at</sup> for Wellbeing

## YOGA

**Join Us Today!**

No experience necessary! Everyday we offer training in breathwork, meditation, relaxation & coping skills for optimal health and well-being.

Our Yoga Classes are focused on supporting a healthy life experience through small therapeutic classes to promote wellness.

## OPPORTUNITIES

We offer individual & family counseling as well as integrative medical therapies.  
To schedule call 864.225.0792

Whether your focus is simply to have a healthy lifestyle or seeking to alleviate symptoms of Arthritis, Diabetes, Fibromyalgia, Anxiety, Depression, Trauma, Manage pain, or to simply balance the stress in your life!

## CLASSES

**“The Art of Living Well”**

We also offer ‘The Art of Living Well’. Educational training and certificate programs in Breathwork, Conflict Resolution, Non-Violent Communication, Meditation, Tai Chi, and Yoga. There are several different programs available, so please contact us for more information.

