



EMOTION YOGA

Mental Health Retreat

**Give yourself a break,
get in touch with feelings and let your mind go free!**

Saturday, September 25th; 10 a.m. to 4 p.m.

When your brain is overworked, your body suffers.

When your body is stressed out, your brain doesn't function at its best.

Connect with your authentic self!

Emotion Yoga supports physical and mental flow in a way you have never experienced before. Come for a rejuvenating day of fun and restorative mind/body learning to . . .

- Release tension
- Regain trust in yourself
- Revitalize your body, mind and spirit.
- Relearn what you have forgotten about flow

For more info and to register: 510-536-3335, joie@emotioneducation.net

Uptown Oakland, 401 26th Street
\$99 if you register by September 15th, \$125 after that.

Joie Seldon, M.A. calls upon her innovative work in Emotion Education and thirty years experience as an acting teacher to create this unique, informative, and life-affirming workshop.

"Joie has a phenomenal understanding of human emotion and her ability to translate her knowledge into experiential learning is priceless." Jessica Raum, actor

"Joie is one of the most emotionally engaging and insightful facilitators I have worked with." Herb Kessler, Ph.D., Psychologist and Leadership Trainer