



URBAN
ZEN
INTEGRATIVE THERAPY
PROGRAM

Urban Zen Integrative Therapy Class – \$25

This class is appropriate for everyone, whether you are recovering from an illness or injury or are simply in need of tender loving care. UZIT (Urban Zen Integrative Therapy) was inspired by Donna Karan and developed by Rodney Yee and Colleen Saidman Yee to serve hospital staff, patients and their families. UZIT addresses the symptoms of PANIC—Pain, Anxiety, Nausea, Insomnia, Constipation and Exhaustion—that accompany disease or injury. These modalities include gentle movements, restorative yoga poses, body awareness meditations, breath practices, essential oils and Reiki. No yoga experience necessary. Props are provided. Leave this self-care sanctuary feeling calm, relaxed, and revitalized. “Bringing calm to the chaos is our motto.” says Pamela Hunter.

Join Pamela Hunter, certified UZIT Trainer to learn about this special program that provides you comfort and support and teaches you self-care practices. To register go to <http://www.sacredpathyoga.com>

Please come to one or both of the following Class Dates:

Monday, May 6th 7:00 p.m. – 8:30 p.m.

Monday, May 20th 7:00 p.m. – 8:30 p.m.

Location: Sacred Path Yoga
1146 W Jefferson St, Shorewood, IL 60404

If you'd like to learn more about UZIT, go to <https://www.funlovin oils.com/UZIT>