

# YOGA for Emotions and Stress

Offered by:



Coastal Samaritan Counseling Center  
*Instilling hope and healing*

Taught by Melody Podraza LISW-CP  
-Registered Yoga Teacher  
-Member of International Association of Yoga Therapists

What: 4 week in-chair yoga class  
When: April 9th, 16th, 23rd & 30th  
From 5:30-6:45 pm

Where: 901 N Kings Hwy, Myrtle Beach, SC 29577  
Coastal Samaritan Counseling Center

\*Limited chairs available, call ASAP to reserve\*  
No experience necessary! Adults 18+

Can pay by check, cash or credit card (MC, VISA, PayPal)  
Call: (843)448-4820 to reserve your chair today!

**\$80** FOR ALL 4  
WEEKS!

## **THIS THERAPUTIC YOGA CLASS WILL:**

Offer participants the opportunity to practice chair yoga and discover what yoga is and how it can be a part of emotional healing. Yoga is more than just a "gym" experience!