

Set Yourself Free

Relaxation Training for Parents of Children with Disabilities

Calm and Enjoyable!

When looking for answers, it is easier to find them with a calm, clear mind. Making decisions, changes, and just having the energy to face life's challenges is sometimes difficult.

Christine and Jimmy will give you a new understanding of relaxation. Reacquaint you to the importance of it, and how it impacts you and your children.

Our goal is to have you feel:

- Relief of Stress, Tension, and Low Energy
- Having Recharged Your Body and Mind
- Develop Simple Skills for Self Sustaining Relaxation
- Free to Have FUN!

Presenters:

Jimmy Allen-

As the founder of the Inspirational Learning Academy, and Martial Arts teacher of 24 years, Jimmy has taught thousands of students and their parents to overcome obstacles and reach goals.

Christine Schultz-

Holds an MA. in SPED and is a credentialed teacher specializing in the area of learning differences, i.e. autism, ADHD, etc. She currently works both in an elementary school and in educational therapy serving public and private school age children.

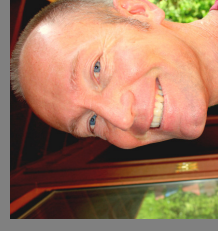


Date: Saturday, Dec. 5th
Time: 3-5 PM

Location: Yoga Loft (818-710-9057)
21228 Ventura Blvd. Woodland Hills
RSVP by 12/2 at 818-677-6854



Christine Schultz
818-943-3492



Jimmy Allen
928-300-7170