

2019, the Year of YOU! Experience the value of self-care

Benefits of Yoga

Wednesday, January 23, 1:30-3 PM

This class is open to brand new students as well as students who want to deepen their understanding of the basic principles of yoga practice. In this 90-minute class, experience the benefits that yoga has to offer the body and the mind including strength, flexibility, greater proprioception and mindfulness. Michelle will also introduce yogic breathing techniques and meditation for stress relief.

Relaxation Tools

Wednesday, February 20, 1:30-3 PM

Have you wondered what all the hype is about with the word meditate? Come explore the benefits in this 90-minute class. Leave with practical tools to create your own relaxation practice.

Strength, Balance & Pelvic Health

Tuesday, March 26 , 10-11:30 AM

In this 90-minute class learn the importance of practicing balance, weight bearing activities and get guidance on helpful tips for your pelvic health and wellness as you age.

Do You Eat to Live, or Live to Eat?

Thursday, April 18, 9:30-11 AM

We need to think about the role of food and drink in the quest to feel good. What we eat has an enormous impact on how we feel. Michelle will share how she learned to eat the right food to minimize her pain and symptoms and how she maximized her energy and zest for life again. Recipes, websites and books will be shared.

Fascial Health

Tuesday, May 21, 10-11:30 AM

Have you heard or read about Fascia and wondered what it is? New research has revealed the missing link to pain-free living: a balanced nervous system and healthy connective tissue (fascia). These two components work together to provide your body support and optimal mind-body communication. In this 90-minute class, discover the benefits of taking care of your fascia and why it's so important to help us age gracefully. Go home with self-care ideas to take care of your fascia.



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Class sizes are limited. Save your spot at
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