

# Stress Reduction Workshop Series

Free classes offered throughout October and November that teach you simple ways to better manage stress in your life

**Impact of Stress on the Body** — Learn with Dr. Blanca Caro about how stress affects your body, the common signs of stress, and how to reduce the impact of stress on your body. This session includes a hands-on activity to calm your mind and relax your body.

5:00pm-6:00pm on October 10th (in Spanish) and October 12th (in English)

**Introduction to Mat Yoga** — Yoga instructor Thuy Nguyen shows you easy poses and breathing exercises to help relax the mind and body. Please wear loose fitting clothing you can gently stretch in.

5:30pm-6:15pm on October 16th and November 6th (in Vietnamese)

**Active Relaxation** — Relaxation is a way for the mind and body to heal yet not all of us know how to. During this workshop with Dr. Blanca Caro you will learn about active relaxation through guided exercises that you can use to relax during the day.

5:00pm-6:00pm on October 17th (in Spanish) and October 24th (in English)

**Introduction to Chair Yoga** — Lori Smith, a trauma-informed yoga instructor of Well Within Yoga, shows you simple poses and breathing exercises to help engage your body's relaxation response.

5:30pm-6:15pm on October 18th and November 1st (in English and Spanish)

**Managing Stress** — In this workshop led by New Mexico Asian Family Center, you will learn several practices that will help lessen the impact of stress in your life. These practices include breath work, meditation, and stretching exercises. No prior experience, props, or equipment is needed to participate.

5:00pm-6:00pm on November 8th (in Vietnamese)

**Introduction to Mindfulness** — Learn about what mindfulness is and how to include it in your busy schedule. The class, led by Dr. Blanca Caro, will first teach you about mindfulness and then you will experience hands-on learning through guided exercises.

5:00pm-6:00pm on November 7th (in Spanish) and November 14th (in English)

Location:

UNMH SE Heights Clinic  
8200 Central Ave SE  
87108

Light refreshments provided!

Each workshop you attend will add your name to a raffle for fun prizes—names will be drawn at the end of the series!

Space is limited!

Sign up with Emily  
(505)272-5816

Phone interpretation service is available



Yoga with  
Thuy Nguyen

