

Yoga & Mind-Body Stress Hacks for Self-Care & Stress Management
Video-On-Demand 6-Week Series – Donation Based
Friday, April 19th – May 24th | 12 PM CST
with 5 Koshas Yoga & Wellness Teacher Rotation!



Are you in need of stress relief but don't have too much time to dedicate to it?

There are many accessible yoga & mind-body tools and techniques that provide effective stress 'hacks' for busy people.

Join our Video-On-Demand yoga program for self-care and stress management that provides 3 short practices (5 – 25 minutes) every Friday at 12 PM for 6 weeks.

The program features a variety of morning, midday, and evening practices from a variety of 5 Koshas Yoga & Wellness teachers.

These practices accumulate in your video library with access until June 28th!

And do you want to know the best part? Your participation in the program helps raise money for Healing Acres Inc., a nonprofit in Central WI that focuses on helping frontline workers manage stress around critical incidents, reduce stigma about mental health, and promote health and wellness to prevent burnout.

Give back to yourself while you give back to others! Our frontline workers are the people we count on everyday to keep our community safe, our kids and grandkids educated and systems of community support strong and running efficiently!

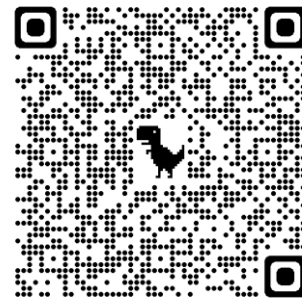
Questions? Contact The 5 Koshas Team at office@5koshasyoga.com



5 Koshas
yoga and wellness

More Details & How to Register:

Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link. You will be directed to the registration links!



Visit: www.5koshasyoga.com/events

FEE: You can participate at one of 4 different donation levels. Choose donation level & apply discount code to your registration.

- \$135 – Purchases on demand video for 3 frontline workers for 3 months
- \$87 – An 8-class pass for stress reduction classes | Use Discount Code: DONATE48
- \$54 – A 4-class pass for stress reduction classes | Use Discount Code: DONATE81
- \$30 – Frontline worker scholarship for an event | Use Discount Code: DONATE105