
From: Urban Zen [REDACTED] on behalf of Urban Zen
[REDACTED]
Sent: Friday, August 30, 2013 8:00 PM
To: Jeffrey
Subject: Urban Zen Integrative Therapy Program at Yogaworks starts Sept 28th 2013

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Urban Zen Integrative Therapy Training Level 1 is perfect for nurses, yoga teachers, health care practitioners, parents, and anyone interested in better self-care. This training is focused on integrating five key healing modalities; yoga therapy, Reiki, essential oil therapy, contemplative care and nutrition. Each module is uniquely designed to address the primary symptoms of PANIC™ (Pain, Anxiety, Nausea, Insomnia, Constipation) and exhaustion. Learn more and how to register HERE=>. <<http://urbanzen.us1.list-manage1.com/track/click?u=a0a658b344c825ecf28ade459&id=ab380c9e&e=813203595a>>

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