

# ***Yoga for Anxiety***

Led by **Dana Rideout**, M.Ed., LPC, NCC, RYT 200



***Sundays beginning June 12th***

***4:00pm-5:00pm***

**Aiken Yoga Studio**

**116B Pendleton St. SW**

Dana is a licensed professional counselor in private practice with Aiken Counseling Group, as well as a registered yoga instructor. This ongoing class is designed to assist participants with decreasing anxiety and other mood management issues through yoga postures and breathing.

***Contact Dana Rideout 335-1219 or***

***Aiken Yoga 514-8833 for more information.***