

Relaxation Group



Are You Stressed Out?



Do you wish you could just relax and unwind a bit?

Please come out and join in on our free Relaxation Group
Hosted by **Erin Tobiasz**

When: First Wednesday of Every Month @ 7:00pm

Where: Counseling Center of New Smyrna Beach

Erin has nearly a decade of experience in yoga instruction, concentrating on mindfulness, imagery, meditation, and energetic principles.

She will host relaxation group sessions on the first Wednesday evening of every month at 7:00pm at the Counseling Center of New Smyrna Beach.

People may come to learn relaxation and breathing techniques, meditation, visual imagery, and many other ways to reduce stress and increase the relaxation and peace in their lives.

Cost of admission is free; donations are appreciated.